Understanding Self and Others* (C)
Mondays, 3 – 4:30 p.m.
Leaders: Miao Li, PhD & Lisette Sanchez, PhD
This is an interpersonal process group open to students who wish to better understand themselves and their relationships with others. The group offers a safe environment for participants to become attuned to their feelings and reactions as they occur in the moment. With a deeper understanding of one's self and relationships, this group can help participants try new behaviors, clarify confusing feelings, and find effective ways to communicate, all within a supportive, challenging, and growth-inspiring atmosphere. Contact: Miao.Li@claremont.edu or Lisette.Sanchez2@claremont.edu

Grief Support Group* (C)
Fridays, 11-12 p.m.
Leaders: Fiona Vajk, PhD & Shawndeeia Drinkard, PhD
These groups are for any student at the 7C's who is dealing with the loss of a loved one. The goal of the groups is to offer students a caring space to share, explore, and reflect on their grief journey. Participants will also receive and provide support to manage their feelings of grief. Contact: Fiona.Vajk@claremont.edu or Shawndeeia.Drinkard@claremont.edu

Women’s Group* (C)
Fridays, 1-2 p.m.
Leaders: Carrie Park, PsyD & Jessica Demerdjian, PsyD
This group is for women who would like to share and explore issues that have a daily effect on their lives. Participants will receive and provide support to realize an empowered living. Topics for discussion include: self-esteem, responsibility for others and need for self-care, family, relationships and intimacy, communication, academic pressure, and life transitions. Contact: Carrie.Park@claremont.edu or Jessica.Demerdjian@claremont.edu

Students of Color Group* (C)
Fridays, 2:30 - 4 p.m.
Leaders: Dana Reyes, PsyD & Nicole Enrique, PsyD
This group provides a space for students of color to discuss the complexities of navigating personal and interpersonal spaces within and outside of The Claremont Colleges. Students can discuss, explore, and give voice to feelings and experiences related to culture shock, campus climate, racism, racial identity, oppression and privilege, self-esteem, relationships, family, intersectionality, stress/coping, and other topics of interest. Contact: Dana.Reyes@claremont.edu or Nicole.Enrique@claremont.edu

Men’s Group* (O)
Fridays, 3 – 4:30 p.m.
Leaders: Grant Goodman, PhD & Shalom Alaichamy, PsyD
This group focuses on men learning to improve their relationships with others and deepen their understanding of themselves. Typical themes include building confidence, learning about aspects of masculinity (e.g., embodiment of strength), and discussing their roles as men. Similar to other therapy groups, this group is open to other topics, including depression, anxiety, adjustment, and other personal concerns that may or may not be related to one’s gender identity. The group offers a safe place for members to share honest thoughts and support one another in meeting their personal goals. Contact: Grant.Goodman@claremont.edu or Shalom.Alaichamy@claremont.edu

Getting Unstuck Workshop
Wednesdays, 2/26, 3/4, 3/11, 4-5pm.
Leader: Lisette Sanchez, PhD
This three session workshop focuses on helping you understand depressive symptoms and build skills to manage these symptoms. The three sessions are divided into content that builds upon itself. The sessions include modules dedicated to (1) understanding depression, (2) exploring how thoughts and behaviors impact depression and (3) addressing how you can begin to make changes to thoughts and behaviors in order to better manage depression. By the end of the workshop, you will have your own individualize plan for getting unstuck.
Contact: Lisette.Sanchez2@claremont.edu

Anxiety Toolbox Workshop
Tuesdays, 3/3, 3/10, 3/24 1-2 p.m.
Leader: Shawndeeia Drinkard, PhD
This three session workshop focuses on helping you understand anxiety symptoms and build skills to manage these symptoms. The three sessions are divided into content that builds upon itself. The sessions include modules dedicated to (1) understanding anxiety, (2) introducing a method for slowing down and disentangling the experience of anxiety, and (3) developing alternative responses to anxiety. By the end of the workshop, you will have your own individualize plan for managing anxiety.
Contact: Shawndeeia.Drinkard@claremont.edu

* Group requires a screening appointment. Please contact group leader for details.

(C) Closed
(O) Open

Please email the contact person if you are interested in any of the groups above or have any questions about the group. For any other general group inquiries, contact Lisette.Sanchez2@claremont.edu