

# VIRTUAL GROUPS\* FALL 2020

Monsour Counseling & Psychological Services

## Understanding Self and Others 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](mailto:Miao.Li@claremont.edu) or [Lisette.Sanchez2@claremont.edu](mailto:Lisette.Sanchez2@claremont.edu)

## Queer Support Group Thursdays, 3-4:30p.m.

**Leader: Patty Gonzalez, LMFT**

This therapy group is open to any students of the 7C's who is living in California, identify as queer and are looking for ways to connect with other queer identified students for support. Weekly group topics are initiated by group members and may include identity development, coming out, intersectionality, academic concerns, experiences as a queer or trans person of color, feeling safe at home, family issues, religion, stress/coping, and relationship/dating. Contact: [Patricia.Gonzalez@claremont.edu](mailto:Patricia.Gonzalez@claremont.edu)

## Women's Group Fridays, 1-2 p.m.\*\*

**Leader: Carrie Park, 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](mailto:Carrie.Park@claremont.edu)

## Grief Support Group Fridays, 1-2 p.m.

**Leader: Fiona Vajk, PhD**

This group is for any student at the 7C's who is dealing with the loss of a loved one. The goal of the group 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](mailto:Fiona.Vajk@claremont.edu)

## Students of Color Group Fridays, 2:30 - 4 p.m.

**Leaders:**

**Dana Reyes, PsyD & Shalom Alaichamy, 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](mailto:Dana.Reyes@claremont.edu) or [Shalom.Alaichamy@claremont.edu](mailto:Shalom.Alaichamy@claremont.edu)

## Men's Group Fridays, 3 – 4:30 p.m.

**Leader: Grant Goodman, PhD**

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](mailto:Grant.Goodman@claremont.edu)

\*All groups are open to California residents only and require a screening appointment. 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](mailto:Lisette.Sanchez2@claremont.edu)

\*\* Contact group leader if interested but day/time does not work with your schedule as group times may be adjusted based on student need