

# VIRTUAL GROUPS

*Spring 2021*

*Monsour Counseling & Psychological Services*

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 or have any questions about the group. For any other general group inquiries, contact [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu).

## UNDERSTANDING SELF AND OTHERS MONDAYS, 3 – 4:30 P.M.

LEADERS: MIAOLI, 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 [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu).

## STUDENTS OF COLOR GROUP FRIDAYS, 2:30 - 4 P.M.

LEADERS: DANA REYES, PSYD & SHALOM ALAIC HAMY, 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 [ShalomA@claremont.edu](mailto:ShalomA@claremont.edu).

## WOMEN'S GROUP TBD

LEADERS: CARRIE PARK, PSYD & LAUREN COOK, 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) or [Lauren.Cook@claremont.edu](mailto:Lauren.Cook@claremont.edu).

## MEN'S GROUP TBD

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).

## 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).

# VIRTUAL ONE-TIME WORKSHOPS

*Spring 2021*  
*Monsour Counseling & Psychological Services*

All workshops are open for all students regardless of location. Please email the contact person to register for the workshop. For any other general inquiries, contact [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)

## THURSDAY 2/18, 3-4:30PM PST RACE & WHITE ALLYSHIP

Inspired by Ijeoma Oluo's book, **So You Want to Talk About Race**, learn how to be an advocate with our conversation on how to be an anti-racist without being a white savior. We'll discuss white privilege and white supremacy as we discuss how we can be a part of dismantling systemic racism and discrimination. And if you're feeling uncomfortable or nervous about the conversation—that's okay—what matters is that we show up and use those feelings to help create positive change. To register contact: [Lauren.Cook@claremont.edu](mailto:Lauren.Cook@claremont.edu) or [Fiona.Vajk@claremont.edu](mailto:Fiona.Vajk@claremont.edu)

## THURSDAY, 3/4, 3-3:50PM PST WORKING WITH PERFECTIONISM

Do you struggle with feeling like your work and your performance is never quite good enough? Are you losing sleep, worrying that you could always do a little better? We're breaking down perfectionism and how to sit with "good enough" so that you can still DO well and FEEL well To register contact: L [auren.Cook@claremont.edu](mailto:auren.Cook@claremont.edu)

## FRIDAY, 2/19, 12-12:50PM PST STUDY SKILLS WORKSHOP

Have you had difficulty staying focused on your studies during this pandemic? Join us for this skills based workshop to learn about how to set yourself up for academic success. The skills learned will be applicable for all students, including those with ADHD or other learning differences. This free 1-hour workshop is open to all 7C students, but RSVP is required for the Zoom link. To register contact: [Grant.Goodman@claremont.edu](mailto:Grant.Goodman@claremont.edu)

## TUESDAY, 3/23, 11-11:50AM PST RECOVERING FROM RELATIONSHIP TRAUMA

This workshop will help you identify negative relationship patterns, learn to cope with the effects of trauma, start practicing self-compassion, and explore healthy ways of connecting in relationships. To register contact: [ShalomA@claremont.edu](mailto:ShalomA@claremont.edu)

## AVAILABLE BY REQUEST HOW STUDENT LEADERS/ MENTORS CAN BETTER SUPPORT BLACK STUDENTS

A tailored workshop involving conversations about race/antiracism, & culturally responsive ways of supporting Black students. If you're interested requesting this workshop, please contact Dr. Shawndeeia Drinkard ([Shawndeeia.Drinkard@claremont.edu](mailto:Shawndeeia.Drinkard@claremont.edu)) & Patty Gonzalez, LMFT ([Patricia.Gonzalez@claremont.edu](mailto:Patricia.Gonzalez@claremont.edu)).

# VIRTUAL WORKSHOPS SERIES

*Spring 2021*  
*Monsour Counseling & Psychological Services*

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**DROP-IN COFFEE HOUR  
WITH MCAPS FOR GRAD  
STUDENTS: BYOC (BRING  
YOUR OWN COFFEE)**  
MONDAYS, 11-11:50AM PST  
2/1, 3/1, 4/5, & 5/3

Drop in with Drs. Dana Reyes and Beth Perlman to chat about the unique experience of graduate school, get support from peers, and identify strategies for managing stress. To register contact:  
[Dana.Reyes@claremont.edu](mailto:Dana.Reyes@claremont.edu) or [Beth.Perlman@claremont.edu](mailto:Beth.Perlman@claremont.edu)

**ANXIETY MANAGEMENT**  
TUESDAYS, 11-11:50AM PST  
2/2, 2/9, 2/16, 2/23 & 3/2

This is a 5-week workshop series in which students will explore ways of coping with anxiety by living in full experience rather than running from the stressors of life. Based on the principles of Acceptance and Commitment Therapy, the workshops will utilize mindfulness techniques, experiential activities, and discussion to give students tools for managing anxiety more effectively and help them pursue their values. To register contact:  
[Grant.Goodman@claremont.edu](mailto:Grant.Goodman@claremont.edu)

**HEALTHY RELATIONSHIPS**  
WEDNESDAYS, 3-4:30PM PST  
2/10, 2/17, 2/24 & 3/3

This is a 4-week workshop series on different topics about healthy relationships. Topics include; (1) myths and taboos, (2) healthy and unhealthy conflicts, (3) communication and expectations, and (4) stages of a relationship. To register contact: [Miao.Li@claremont.edu](mailto:Miao.Li@claremont.edu) or [ShalomA@claremont.edu](mailto:ShalomA@claremont.edu)

**MANAGING STRESS: COVID-19**  
WEDNESDAYS, 12-12:50PM PST  
WEEKLY STARTING 1/27

This drop-in hour is for those who need to quarantine due to virus exposure, those worried about the health of self/others, and those who are feeling stress due to the pandemic in other ways. During the hour, students will be provided with tools to manage stress. Come together to find strength through solidarity and connection. To register contact:  
[LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)

**YOGA POSTURES FOR  
STRESS RELIEF**  
WEDNESDAYS, 3-3:50PM PST  
3/17 & 5/5

Join Drs. Dana Reyes and Beth Perlman for a workshop which explores postures, breathing, and stretches that help reduce stress. Perfect for short zoom and study breaks! To register contact: [Dana.Reyes@claremont.edu](mailto:Dana.Reyes@claremont.edu) or [Beth.Perlman@claremont.edu](mailto:Beth.Perlman@claremont.edu)

**CREATIVE EXPRESSIONS**  
THURSDAYS, 1-2PM PST  
2/4, 2/18, 3/4, 3/18, 4/1, 4/15, & 4/29

This biweekly drop in workshop will focus on developing healthy coping through artistic expression. Recommended materials: pen, paper, markers or color pencils, scissors and tape. To register contact:  
E [mily.Bragg@claremont.edu](mailto:mily.Bragg@claremont.edu) or [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)