

# Fall 2024

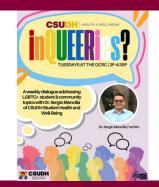
**HEALTH & WELL-BEING** 

# Support Groups and Workshops

For more information and to sign-up for a support group or workshop please contact Student Psychological Services (310) 243-3818. Space is limited for support groups.

#### **SUPPORT GROUPS:**

**Tuesday** 



### inQUEERies

Meets: Tuesdays, Weekly 3:00 PM-4:30 PM

A weekly dialogue addressing LGBTQ+ student & community topics with Dr. Sergio Mancilla of CSUDH Health and Well-Being

Tuesday



#### **HOME**

Meets: Sept. 10th, Oct. 1st & 22nd, Nov. 12th, and Dec. 3rd 3:00 PM-4:30 PM

> A support space designed to build a community for students affected by immigration.

Tuesday



#### The Love Lab

Meets: Starting Sept. 17th, Weekly 2:30 PM-3:30 PM

Discusses love in all its forms, recognize barriers to openness, identify your values, understand attachment styles, and develop the skills needed to participate in nurturing connections.

Tuesday



# The Grief & Loss Support Group

Meets: Sept. 17th, Oct. 15th, Nov. 19th, Dec. 3rd 5:00 PM-6:00 PM

A safe space for students to explore grief, share stories, and heal through mutual support.



## **Spirit Rhythm**

Meets: Oct. 1st & 31st, Nov. 5th & 19th 4:00 to 5:00 PM

A healing drum circle that promotes wellness, community, connection, and a space that can lower stress and anxiety.

# **WORKSHOP:**



# **ADHD Workshop**

Meets: Nov. 5th, 12th, & 19th 3:30 to 4:30 PM

This workshop is for students who have already been diagnosed with ADHD.