


# 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		<h3>inQUEERies</h3> <p><b>Meets: Tuesdays, Weekly</b> <b>3:00 PM-4:30 PM</b></p> <p>A weekly dialogue addressing LGBTQ+ student &amp; community topics with Dr. Sergio Mancilla of CSUDH Health and Well-Being</p>
Tuesday		<h3>HOME</h3> <p><b>Meets: Sept. 10th, Oct. 1st &amp; 22nd, Nov. 12th, and Dec. 3rd</b> <b>3:00 PM-4:30 PM</b></p> <p>A support space designed to build a community for students affected by immigration.</p>
Tuesday		<h3>The Love Lab</h3> <p><b>Meets: Starting Sept. 17th, Weekly</b> <b>2:30 PM-3:30 PM</b></p> <p>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.</p>
Tuesday		<h3>The Grief &amp; Loss Support Group</h3> <p><b>Meets: Sept. 17th, Oct. 15th, Nov. 19th, Dec. 3rd</b> <b>5:00 PM-6:00 PM</b></p> <p>A safe space for students to explore grief, share stories, and heal through mutual support.</p>
Tuesday		<h3>Spirit Rhythm</h3> <p><b>Meets: Oct. 1st &amp; 31st, Nov. 5th &amp; 19th</b> <b>4:00 to 5:00 PM</b></p> <p>A healing drum circle that promotes wellness, community, connection, and a space that can lower stress and anxiety.</p>

## WORKSHOP:

Tuesday		<h3>ADHD Workshop</h3> <p><b>Meets: Nov. 5th, 12th, &amp; 19th</b> <b>3:30 to 4:30 PM</b></p> <p>This workshop is for students who have already been diagnosed with ADHD.</p>
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