**Counseling & Psychological Services (CAPS)**

**Fall 2022 GROUPS**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 1:00-2:30pm  
Grief and Loss Group  
Mariya Gyorev & Denise Rodriguez  
(Telehealth) | 11:00-12:30pm  
Black Healing and Empowerment Circle  
Gabby Woodard & Jodie Mitchell  
In-person | 11:00-12:30pm  
USO Group  
Rhonda Seiman & Marisol Blanco  
(Telehealth) | 1:00-2:30pm  
Building Resiliency  
Rachel Heinrichs & Marvaughn McCray  
(Telehealth) | 1:00-2:30pm  
Survivor Group  
Katherine Cascio & Juan Estrada  
In-person |
| 1:30-3:00pm  
USO Group for Men  
Julio Rivas & Pattric Davis  
In-person | 2:00-3:30pm  
LGBQ Support Group  
Robyn Bates & Lane Rosner  
In-person | 3:00-4:30pm  
BIPOC LGBQ Support Group  
Luci Bratini & Mary Le  
(Telehealth) | 3:00-4:30pm  
Mindfulness Group  
Blair Buckman & Alison Merill  
(Telehealth) | 4:00-5:30pm  
USO Group  
Cory Safra & Juan Estrada  
In-person |
| 3:00-4:30pm  
Peace with Food and Body Group  
Rachel Heinrichs & Jodie Mitchell  
(Telehealth) | 3:00-4:30pm  
USO Group  
Greg Horn, Ginelle Wolfe, & Nehemie Dantica  
In-person | 3:00-4:30pm  
Gender Journey Support  
Nikki Saltzburg & Ginelle Wolfe  
(Telehealth) | 3:00-4:30pm  
Students of Color Support Group  
Leonette Copeland & Pattric Davis  
In-person | 3:30-5:00pm  
Family of Origin Group  
Julio Rivas & Robyn Bates  
In-person |
| 4:00-5:30pm  
USO Group  
Cory Safra & Juan Estrada  
In-person | 3:30-5:00pm  
Survivor Group  
Katherine Cascio & Juan Estrada  
In-person | 3:30-5:00pm  
Students of Color Support Group  
Leonette Copeland & Pattric Davis  
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Family of Origin Group  
Julio Rivas & Robyn Bates  
In-person | 3:30-5:00pm  
Family of Origin Group  
Julio Rivas & Robyn Bates  
In-person |

*FAU students that participate in group counseling are saying …“I realize I am not alone.”*
<table>
<thead>
<tr>
<th><strong>Black Healing &amp; Empowerment Circle</strong></th>
<th><strong>Building Resiliency</strong></th>
<th><strong>Family of Origin</strong></th>
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<tbody>
<tr>
<td>• This support group offers a space for Black, African American, Afro-Caribbean, Afro-descendientes/Afro-Latinx, African descent and Black identified students to unpack and process unique race-based challenges, share their experiences, resources, provide and receive support from a collective of Afro-diasporic people, in an environment that is affirming and empowering</td>
<td>• In this 6-week condensed group, members will develop skills to better manage thoughts and emotions, difficult situations, conflict and relationships. Members will be introduced to a variety of evidence-based coping skills adapted from Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT). Concurrent individual counseling, weekly attendance and homework is required.</td>
<td>• This group is for those who are seeking healing and learning ways to cope with challenging family dynamics that have impacted how they view themselves, others, and relationships in general. By exploring the influence of culture, systems of oppression (racism, etc.), generational differences, social media, immigration, and other factors, we have conversations that give you a better understanding of your family dynamics and your place in them. Maybe you have felt alone in your struggles with different kinds of family-related stress, such as: caregiver burden, having relatives with substance or mental health issues, dealing with the after-effects of childhood trauma, complicated grief issues, and other situations. This group is meant to be a safe space for you to gain support and learn skills to help you better manage the impact that family stress is having on your life.</td>
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<td><strong>Gender Journey</strong></td>
<td><strong>Grief and Loss</strong></td>
<td><strong>LGBQ Support</strong></td>
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<td>• Is open to students who identify as transgender/gender non-conforming. The purpose of the group is to provide support and explore the challenges and joys of integrating one’s gender identity. Topics may include coming out, transitioning concerns, and other relevant issues.</td>
<td>• Meets for 10 weeks. This group is to provide support and have a safe space to discuss issues unique to those who have lost an important person in their life. This group will also address the more common grief reactions that are often faced during bereavement.</td>
<td>• Is open to students who identify as lesbian, gay, bisexual, transgender, queer or questioning. This group fosters connection and emotional support while exploring themes relevant to the lives of LGBTQ students including but not limited to: relationships with friends/family/partners, coming out, being out in different contexts, and identity intersections.</td>
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<tr>
<td><strong>Mindfulness</strong></td>
<td><strong>Peace with Food and Body</strong></td>
<td><strong>Students of Color Support</strong></td>
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<td>• Meets for 80 minutes for 5 sessions. The group utilizes a meditative way of being called “mindfulness” that research has shown to be effective at reducing stress, anxiety, and depression. Individuals learn how to be more present, slow-down, and pay attention to the moment while managing their hectic lives.</td>
<td>• This group is an open, affirming and healing-oriented space where members can safely explore their relationship with food, movement and their bodies and connect with peers with similar experiences. There is flexibility in this group for some structured learning activities as well as unstructured space for members to share, process and give feedback to one another.</td>
<td>• This is a support group for students of color where members discuss concerns or situations and receive and provide encouragement, feedback, and advice. An added benefit is that this provides a safe space to discuss concerns related to being a person of color if they were to arise.</td>
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<tr>
<td><strong>Survivor Support</strong></td>
<td><strong>Understanding Self and Others (USO)</strong></td>
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<td>• Survivor Support Group is for students of all identities who have had unwanted experiences at any time in their lives, such as sexual, physical, or emotional mistreatment or abuse. Group members will not discuss specific details of unwanted experiences in the group and instead will focus on gaining understanding of how these experiences impact them, creating a sense of safety, making meaningful connections, moving towards healing, and addressing feelings that follow trauma.</td>
<td>• USO groups provide a safe place for students to learn more effective interpersonal skills, to become more comfortable having personal conversations with others, to learn how to give and receive honest interpersonal feedback, and to learn how to establish trusting, supportive relationships.</td>
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