**Process Oriented Groups:** these require a pre-group meeting

**Understanding Self and Others: For Undergraduates**

Come join a safe and energizing group of your peers. Together, you will learn about yourself and better understand your relationships.

- **Group 1:** Mondays, 3:00 to 4:30pm, Contact Maryce.Bamba@oregonstate.edu or Christina.Aegerter@oregonstate.edu
- **Group 2:** Tuesdays, 3:00 to 4:30pm, Contact Michele.Ribeiro@oregonstate.edu
- **Group 3:** Wednesdays, 4:00 to 5:30pm, Contact Michele.Ribeiro@oregonstate.edu

**Managing Anxiety**

Learn different ways to manage your anxiety through mindfulness, acceptance, stepping back from unhelpful thoughts, understanding your values, and taking meaningful action.

- **Mondays:** 3:00 to 4:30pm, Contact Stephanie.Shippen@oregonstate.edu

**Mindful Living: Requires Orientation**

Mindful Living is a skills-based, 1.5-hour group that meets for four weeks, plus a half day silent retreat. You will have the opportunity to engage in a direct experience and practice medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. Please come join us in intentionally practicing being in the moment without judgment.

- **Tuesdays:** 3:00 to 4:30pm, Contact Jim.Gouveia@oregonstate.edu or Jennifer.Munch@oregonstate.edu

**Support Groups: these require a pre-group meeting**

**OCD Support Group**

This is a support group for students who are wanting to learn about Obsessive Compulsive Disorder (OCD). We will cover diagnosis of OCD, as well as symptoms and treatment options. We will discuss coping strategies to help alleviate symptoms, and have the opportunity to share your experience with fellow students in a safe and welcoming environment.

- **Mondays:** 3:00 to 4:00pm, SHS, Contact Emi.Sumida@oregonstate.edu or Allison.Dark@oregonstate.edu

**Student Life with Bi-Polar Challenges**

Join this supportive/educational group to discuss the challenges and strategies of living with bipolar disorder during the university years.

- **Thursdays:** 3:00 to 4:30pm, SHS, Contact Ozge.Åkcali@oregonstate.edu (CAPS) or Elizabeth.Lazaroff@oregonstate.edu (SHS)

**Skills Oriented Groups:**

**Women, Food, and Self-Esteem**

This group offers support and recovery strategies for women with bulimia and binge eating disorder. We will address issues such as ambivalence, coping skills, family background, body image, the relationship with food and more.

- **Tuesdays:** 4:00 to 5:30pm, Contact Ozge.Åkcali@oregonstate.edu

**Grief and Loss Support Group**

Supportive forum for dealing with the emotional impact of a major loss.

- **Thursdays:** 3:00 to 4:30pm, Contact Beth.Zimmermann@oregonstate.edu or Christina.Aegerter@oregonstate.edu

**Family Chaos**

This group is a place to explore how you may have been affected by parental alcoholism and/or mental illness, and what you may want to change in your current way of relating to yourself and others.

- **Wednesdays:** 2:00 to 3:00pm, Contact Emi.Sumida@oregonstate.edu or Jennifer.Munch@oregonstate.edu

**TransForm (Contact Beth before attending)**

The purpose of this group is to assist in community formation and identity exploration for transgender and gender non-conforming individuals.

- **Wednesdays:** 9:30 to 11:00am, Contact Beth.Zimmermann@oregonstate.edu

**Drop-in Groups: no pre-group meeting required**

**SMART Recovery (must be CAPS client)**

This is a support group for those individuals who are wanting to stop or cut down on habits that may be getting in the way of their plans, goals, and aspirations. The group will be a safe place to explore, talk, and redesign our strategies to thrive. This group avoids labels and is an alternative to 12-step programs.

- **Mondays:** 4:00 to 5:00pm, Contact Jim.Gouveia@oregonstate.edu or Kate.Stewart@oregonstate.edu

**Mindfulness**

Mindfulness is an ancient meditation practice that facilitates calmness, peace and balance in one’s life. The mindfulness group is a beginning group but will fit all levels of practitioners. The goal of the group is to provide a space and time to learn and practice mindfulness.

- **Staff Group:** Thursdays, 12:30 to 1:30pm in Snell Room 521; Student Group: Thursdays, 3:00 to 4:00pm in Snell Room 521; Graduate Students Group: Tuesdays, 1:30 to 2:30pm at MJ 203

**Outreach Support Group: Drop-in, no pre-group meeting required**

**Multiracial Student Connection**

Connect with fellow students that identify as biracial, multiracial, multi ethnic, mixed or who grew up in a transracial family. This group will provide a safe space to share experiences, explore identities and build community.

- **Fridays:** 12:00 to 1:00pm, SEC (Student Experience Center) 254, Contact Stephanie.Shippen@oregonstate.edu or Charlene.Martinez@oregonstate.edu

**Bites with Aditi and Kate**

A gathering around the table at the Pride Center with treats provided, to discuss our development as members of the LGBTQ+ community.

- **Fridays:** 12:30 to 1:30pm, Pride Center, Weeks 3, 5, 7, 9, Contact Aditi.Ahlawat@oregonstate.edu or Kate.Stewart@oregonstate.edu

This publication will be made available in an accessible format upon request: please contact Emi Sumida by calling 541-737-2131 or emailing Emi.Sumida@oregonstate.edu

Other groups continue to be created at CAPS. If interested in a specific theme group that is not listed, please contact the Group Therapy Program Coordinator, Emi Sumida.