## MONSOUR COUNSELING AND PSYCHOLOGICAL SERVICES
### FALL 2010 GROUPS & WORKSHOP SERIES

Please call 909-621-8202 to schedule an intake appointment, or email MCAPSgroups@cuc.claremont.edu for more information on groups and workshops.

### International Coffee & Tea Hour
**Leader: Charisma Agonoy Bartlett, Ph.D.**
A drop-in group (no pre-registration required) for international and domestic students who want to meet friends from different cultures, practice language skills, share experiences and find social support. For more information, please contact Charisma at x70022.

- **Fridays, 10:30 – 11:30am**
- **Beginning September 10**
- **Location: International Place**

### Mindfulness & Meditation
**Leader: Jennifer Howes, Ph.D.**
This is a drop-in group (no pre-registration required) for those interested in learning more about mindfulness, living in the present moment, and how to develop a meditation practice. Meetings will combine didactic and experiential elements. For more information, please contact Jennifer at x75076.

- **Fridays, 12 – 1pm**
- **Beginning September 24**

### Making Peace with Your Body
**Leader: Elizabeth Gayed, Ph.D.**
Negative body image and disordered eating are concerns that many people face. This 3-session series is designed for those struggling with body acceptance and/or disordered eating. Topics will include a focus on these key aspects in an effort to build skills to begin making peace with your body: minds, emotions and relationships, and physical bodies and nutrition. For more information, please contact Elizabeth at x74480.

- **Wednesdays, October 6 through 20, 4:30 – 6pm**

### Sexual Assault Survivors Group**
**Leader: Fiona Vajk, Ph.D.**
This group is designed for women who have experienced sexual assault or abuse, whether as children or as adults, whether recently or long ago. In this group survivors can share their experiences, explore their feelings and receive support as they work through the healing process. If you are interested, please contact Fiona at x74468.

- **Information Sessions:**
  - **Wed, Sept. 8, 3:30pm & Thurs, Sept. 9, 11am**
  - **Group meeting time to be determined by members’ schedules**

### The Open Door**
**Leaders: Carrie Park, Psy.D. & Abi Weissman, M.A.**
This group is for gay, lesbian, bisexual, transgender, straight, or questioning individuals wishing to explore sexual orientation and gender identities in a safe, confidential setting. Topics are determined by group participants, and may include coming out to friends and family, relationships, handling difficult school situations, and current events. If interested, please contact Carrie at x18202 or carrie@npsm.calclaremont.edu.

- **Information Sessions:**
  - **Tues, Sept. 7, 4pm & Fri, Sept. 10, 11am**
  - **Group meeting time to be determined by members’ schedules**

### Strategies for Academic Success
**Leader: Nana Sadamura, Ph.D.**
This workshop series will focus on helping students develop academic skills to promote success. Topics include Time Management, Study Skills, Test Taking, Writing, and Stress Reduction. Students may attend any or all of the workshops. No intake appointment is required, but an RSVP is strongly recommended. For more information and a listing of workshop topics and dates, please contact Nana at x74479.

- **Fridays, 1:30 – 3pm**
- **Beginning September 17**

### Women of Color Support Group
**Leaders: Denise Hayes, Ph.D. & Vilma Fuentes, Psy.D.**
This six-session group will provide a safe space to openly talk about what is challenging about attending a highly competitive college, what makes a good relationship work and how to eliminate “energy suckers” from our lives. The group will identify strengths, talents and resources, what is needed to create an effective and strong support network, as well as develop skills for managing stress, disappointments and emotional challenges in healthy and productive ways. For more information, please contact Denise at x73245.

- **Wednesdays, 6 – 7:30pm**
- **Beginning September 22**
- **Location: To be determined**

### Understanding Self and Others**
**Leaders: Jennifer Howes, Ph.D. & Brianne DeWitt Goudelock, Ph.D.**
Many problems that students experience have some basis in their interpersonal relationships. Students can use the “here and now” process of this group to learn about themselves, identify and expand their own interpersonal style, try new behaviors and clarify confusing feelings all within a supportive, challenging, and growth-inspiring atmosphere. If interested, please contact Jennifer at x75076.

- **Information Sessions:**
  - **Wed, Sept. 8, 4:30pm & Fri, Sept. 10, 2pm**
  - **Group meeting time to be determined by members’ schedules**

**Unless otherwise noted, groups are held at MCAPS in the Tranquada Student Services Building**

**Group requires an intake appointment or attendance at information session.**