

Spring 2017 Counseling Group Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 Social Confidence Group	12:30-2:00 International Tea Time	1:00-2:30 Relationship Group	12:00-1:30 New Choices	1:00-2:30 Mindful Well-Being
12:00-1:00 Mindfulness Drop-In	3:00-4:00 Grad Relationships	2:15-3:15 Restorative Yoga (Trojan Conference Room)	12:30-2:00 (Every other Thurs) 1st Gen Trailblazers (STU 300A)	1:00-2:30 Managing Mood
12:15-1:30 Men of Color (STU 411)	3:30-5:00 Toolkit for Anxiety	6:00-7:30 GLOW (RSVP)	3:00-4:00 Sexual Orientation & Gender Identity Support Group	1:30-3:00 Social Confidence Group
3:30-5:00 Peace with Food			3:30-5:00 Living with Loss	2:30-4:00 Self-Discovery through Creativity
3:30-5:00 Mindfulness Skills for Daily Living			6:00-7:30 GLOW (RSVP)	3:00-4:30 Effective Living Group
				3:00-5:00 Yoga as Healing (RSVP)

Groups are also offered in the community throughout LA and in evenings & weekends via the Los Angeles Group List (<http://www.thegrouplist.org>)