

Fall 2023 Groups & Workshops



Counseling Center

Name of Group TBD (Support Group for Students with Invisible and Visible Disabilities)

This group holds a safe and confidential space for students with invisible and visible disabilities. This group will create a space where students can talk to members of their community, share their experiences, and promotes open dialogue to discuss their day-to-day lives. If interested contact counseling_center@redlands.edu

**Wednesdays, 3pm
The Counseling Center**

Grief Group

For students who have lost someone to death recently. We focus on sharing experiences and learning about the grieving process and ways to cope. Having others who can relate to the grieving process normalizes your experience. If interested, contact Matt at matt_gragg@redlands.edu

**TBD
The Counseling Center**

BIPOC Group

This group is for BIPOC-identifying individuals seeking a cultural and social justice-oriented space to discuss racial anxieties and systematic oppression distress. Space will be held for the BIPOC community to share their experiences, listen to others, and gain support from their community. While promoting conversation surrounding racial trauma, students will learn skills to develop healthy coping mechanisms and feel empowered through their unique perspectives. Jesus Rodriguez is the lead facilitator. If interested contact counseling_center@redlands.edu

**Mondays, 4 pm
The Counseling Center**

Transgender & Gender Diverse Group

For students who are exploring and/or identify as transgender, gender fluid, two-spirit and/or gender nonconforming in their identity and expression. Topics include: coming out to others, coming in to oneself, identity-affirming relationships, coping with gender binary norms, accessing health and social services, issues related to the transitioning process and negotiating gendered environments. If interested, contact Matt at matt_gragg@redlands.edu

TBD

LGBTQIA2S+ Group

A safe and confidential space to discuss coming out, coming in to oneself, relationships, family, community, discrimination, and self-acceptance. If interested, contact Raquel at raquel_jackson@redlands.edu

**Mondays, 3 pm
The Counseling Center**