

**\*\*No Sign-up Required!\*\***

\*\*Please note that all workshops are offered remotely at the designated date and times. Workshops will be closed 10 minutes after the start time listed. Workshops are intended for currently enrolled UCI students who are currently located in the state of California.

For more information and links to workshops go to:

<https://counseling.uci.edu/services/groups.html>

**Mondays: 1:00 - 2:00PM**

### **Surviving to Thriving in 2021 (Weekly)**

<https://uci-hipaa.zoom.us/j/94398308680>

**Jan. 11:** Focus and Concentration

**Jan. 25:** Procrastination

**Feb. 1:** Zoom Fatigue and Daily Routine

**Feb. 8:** Self-Love and Self-Compassion

**Feb.22:** Connecting with Self and Others to Reduce Sadness Isolation, and Loneliness

**March 1:** Sleep Hygiene

**March 8:** Procrastination

**Tuesdays: 4:00-5:00PM**

### **Graduate Student Workshop Series**

<https://uci-hipaa.zoom.us/j/91014455462>

**Stress Management:** Jan. 12; Feb.9

**Imposter Syndrome:** Jan.19; Feb.16

**Time Management:** Jan. 26; Feb.23

**Navigating Academic Relationships:** Feb.2;  
March 2

**Wednesdays: 1:00-2:00PM**

### **Wellness Workshop Series**

<https://uci-hipaa.zoom.us/j/96769783069>

**Jan. 6:** Overcoming Procrastination

**Jan. 13:** Healthy Relationship with Self and Body

**Jan. 20:** Healthy Relationship

**Jan. 27:** Beating Test Anxiety

**Feb. 3:** Sleep Hygiene

**Feb. 10:** How to Let Go of Perfectionism

**Feb. 17:** Just Breathe

**Feb. 24:** Building Healthy Relationship with Food

**March 3:** Think of Sex Positively

**Thursdays**

### **Academic Boot Camp**

1pm-2pm

<https://uci-hipaa.zoom.us/s/93434907813>

**Feb.4:** Maintaining Motivation

**Feb.11:** Reducing Avoidance

**Feb. 18:** Improving Time Management

**Feb. 25:** Maintaining Motivation

**March 4:** Reducing Avoidance

**March 11:** Improving Time Management

### **One Foot Out Drop-in Group**

2pm-3pm

Counseling Center Staff & Partnership with LGBT RC

A drop-in group for individuals needing support around topics such as: coming out, chosen family, PRIDE, and QTIPOC related concerns, relationships, and Queer History. This is a partnered event with the LGBT RC-please go to their website for more information.

### **Mindful Self-Care (Weekly)**

4pm-5pm

<https://uci-hipaa.zoom.us/j/96599386790>

**Mindful Breathing:** Jan. 14; Feb. 4; Feb. 25

**Mindful Stitching:** Jan. 21; Feb.11; March 4

**Mindful Body Movement** (incorporates Zumba Movement) : Jan 28; Feb. 18; March 11