**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

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**Winter 2021 Workshops**

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**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

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**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 QTPOC related concerns, relationships, and Queer History. This is a partnered event with the LGBT RC–please go to their website for more information.

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**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

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