

# UCC Groups and Workshops



## THERAPEUTIC WORKSHOPS

**Anxiety Toolbox Workshop:** This workshop helps students learn how to reduce their anxiety by teaching them helpful tools, including grounding exercises, deep breathing, changing negative thoughts, and identifying ways to improve sleep, which will maintain daily emotional balance. Students will come away with a personalized, written plan to better address anxiety in their own life.

**Learning to Thrive during Difficult Times:** This workshop helps students understand how the brain, mind, and body respond to stressful, anxiety-provoking, and traumatic experiences so they can thrive in the midst of a difficult season. Students will learn how to feel more grounded, calm, and in control of their thoughts, emotions, and behaviors so they can cope effectively to distressing situations.

**The Transformation Lab:** This workshop helps students understand how their physiology creates their psychology and how their psychology influences their physiology. Students learn how the autonomic nervous system (ANS) strongly influences their responses to people, places, events, and body sensations. Students will transform their relationship with themselves and with others and come away with a personal profile map that will help them understand how and why their body responds in certain ways and their mind creates a certain story of their experiences.

## OUTSIDE THE CENTER

**Wellness Wednesdays:** An Instagram series led by our Peer Educator interns that provides opportunities to build community and practice techniques to balance your emotional well-being. Catch us Wednesdays on our Instagram @apucounseling or catch the rerun on our YouTube.

**Cougars Care Workshop Series:** This fall workshop series provides mental health and wellbeing training that students can use to help themselves and others. Participants learn how to support themselves and their friends while also building their résumé and leadership skills. Students who attend 4 workshops receive a certificate of completion. Visit <https://www.apu.edu/counselingcenter/groups/cougars-care-workshops/> for more information.

## THERAPY GROUPS

**Building Better Boundaries Group:** This group is designed to help students recognize ways to set and communicate boundaries. Students will have the opportunity to learn tools for setting healthy boundaries, explore ways to improve relationships and self-esteem, and learn to develop a support system of people who respect and encourage healthy boundaries.

**Student of Color Group:** This group serves as a way to openly engage in dialogues around what it means to be a person of color (POC) on this campus. POC can unapologetically show up, speak from the heart rather than worrying about what is socially acceptable, and let themselves be fully known. This is a supportive environment, where students will deepen self-understanding and explore ways of relating to others.



For more information or to join a group: 626-815-2109 or [ucc@apu.edu](mailto:ucc@apu.edu).

Azusa Pacific University is committed to creating an inclusive environment that meets the needs of its diverse student body. If you have a disability and require a disability-related accommodation, please contact us by 1 week prior to the event to begin the conversation or request an accommodation.