Wellness Groups at SPS

We’re offering a range of virtual wellness therapy and discussion groups to help you reach your personal goals and connect with others. Please call (310) 338-2868 or use QR code to complete interest form.

**Body Beautiful**
Led by Amanda Tom, Psy.D. / begins Thu, Sep 23rd @ 4pm-5pm / runs 8 wks / closed (in-state only, previews req’d)
- Explore sources of negative body image through discussions and interactive activities.
- Find ways to break the body shame cycle and build a healthier relationship with your body.

**The Circle: An LGBTQ+ Discussion Group**
Led by Viviana Vallin, LPCC / begins Thu, Sep 23rd @ 3pm-4pm / runs 10 wks / drop-ins welcome.
- A safe discussion space for lesbian, gay, bisexual, transgender, queer and questioning students/allies.
- Offers support and celebration of diversity / Please email TheCircle@lmu.edu for more info.

**Conquering Depression**
Led by Eva Kram, Psy.D. / begins Tue, Sep 21st @ 4pm-5pm / runs 8 wks / closed (in-state only, previews req’d)
- Learn strategies for activating and improving your mood.
- Receive and provide support to fellow students going through similar struggles.

**Grief & Loss Support Group**
Led by Hung Tran, Psy.D. / begins Wed, Sep 22nd @ 4pm-5pm / runs 8 wks / closed (in-state only, previews req’d)
- Learn about the stages of grief and other useful tools for coping with bereavement.
- Experience comfort and support from other young adults who are also grieving a significant loss.

**Guy Talk**
Led by Alejandro Aguirre, LMFT / begins Mon, Sep 20th @ 3pm-4pm / runs 10 wks / drop-ins welcome
- A safe space to explore men’s issues by unpacking identity and culture.
- Define toxic and positive masculinity, and discuss how to be in healthy relationship with others.

**Loved Ones Group: Family and Friends of Individuals with Mental Illness**
Led by Alejandro Aguirre, LMFT / begins Wed, Sep 22nd @ 6pm-7pm / runs 10 wks / drop-ins welcome
- A space for partners, siblings, and friends of people with mental health conditions.
- Explore and connect on the impacts of mental health conditions on relationships.

**OUTGrads: An LGBTQ+ Graduate Students Discussion Group**
Led by Mimi Hoang, Ph.D. / begins Wed, Sep 22nd @ 3pm-4pm / runs 10 wks / drop-ins welcome
- A communal space for busy graduate students also navigating being a sexual and/or gender minority.
- Explore ways to build resilience amidst school, work, family, dating, politics, or other stressors.

**Second Year Lions, First Time on Campus**
Led by Rebecca Rutchick, Psy.D. / begins Thu, Sep 30th @ 2pm-3pm / runs 9 wks / drop-ins welcome
- Meet other sophomores going through similar adjustments and experiences after an entirely virtual first year.
- Gain social support around navigating college amidst the challenges of COVID-19.

**Taming Your Anxiety**
Led by Mel Mazmanyan, Ph.D. / begins Wed, Sep 22nd @ 5pm-6pm / runs 8 wks / closed (in-state only, previews req’d)
- A safe and supportive space to learn new tools and coping skills to decrease anxiety and social anxiety.
- Learn to feel more equipped to face new situations and experiences.

**Together in Solidarity: First Generation College Students Discussion Group**
Led by Hung Tran, Psy.D. / begins Mon, Sep 20th @ 4pm-5pm / runs 8 wks / drop-ins welcome
- A support group for anyone identifying as a first generation college student (or First to Go).
- Discuss family conflicts, emotional health, identity, and finding your place in college.

**Women of Color Connection**
Led by Mimi Hoang, Ph.D. / begins Mon, Sep 20th @ 3pm-4pm / runs 10 wks / drop-ins welcome
- A supportive space for BIPOC women to discuss the complexities of gender, race, culture, and intersectionality.
- Share experiences with stress, coping, and resiliency, and gain tools for collective self-care and healing.

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**Student Psychological Services**
LMU, (310) 338-2868
Burns Recreation Center, North Side, Second Floor