<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Activity</th>
</tr>
</thead>
</table>
| Monday    | 12:00 – 1:00 | Health Sciences Campus | Drop in Mindfulness Practice Workshop  
Robin Ward  
Alise Cogger                                                                 |
|           |          |                        | Befriending Perfectionism  
Brinell Anderson                                                            |
|           |          | Health Sciences Campus | 12:00 – 1:00 \nMindfulness Introduction workshop  
Tannaz Alaghaband                                                            |
|           |          |                        | Feel Better Workshops Drop-in 2:00-3:00  
Trojan Conference Room Each topic 1x per month  
1st: Improve Your Mood  
2nd: Be Resilient and Thrive  
3rd: First Semester Trojans  
4th: Using Emotions Wisely  
5th (Oct, Jan): Procrastinators - Anonymous  
Starting in September                                                        |
|           |          |                        | 2:00-3:30  
Peace with Food  
Elizabeth Reye                                                                |
|           |          |                        | 3:45 – 5:15  
Managing Mood  
Andy Iskandar                                                                  |
|           |          |                        | 3:30 – 5:00  
Living with Loss  
Yong Park                                                                      |
|           | 3:30-5:00 |                        | 2:30–4:00  
Undergraduate Relationship Group  
Elizabeth Reyes                                                                |
|           | 4:00-5:30 |                        | 4:45-6:15  
Graduate Women Support Group  
Christina Mohajerani  
Abbie Wolfson                                                                  |
|           | 4:00-5:30 |                        | 4:00-5:30  
Yoga as Healing  
RSVP  
Emily Shinne                                                                  |
|           | 4:30-6:00 |                        | 5:00-6:30  
Facing your Fears Group  
Charlie Padow                                                                    |
|           | 4:30-6:00 |                        | 4:30-6:00  
Grad Relationship Group  
Parissa Nili                                                                    |
|           | 10:15-11:45 |                        | 10:00 – 2:30  
Effective Living Group  
Sarah Schreiber                                                                |
|           | 12:00-1:30 |                        | 12:00-1:30  
Mindfulness Skills For Daily Living  
Yong Park                                                                      |
| Tuesday   |          |                        | 3:30-5:00  
Gender Spectrum Group  
Bryce McDavitt                                                                |
|           |          |                        | 3:30 – 5:00  
Social Confidence  
Broderick Leaks (full for fall semester)                                         |
|           |          |                        | 2:30-4:00  
New Choices  
Alise Cogger                                                                  |
|           |          |                        | 3:00-4:30pm  
Sexual Orientation Support Group  
Bryce McDavitt                                                                |
|           |          |                        | 3:00-4:30pm  
Living with Loss  
Yong Park                                                                      |
|           |          |                        | 4:00-5:30  
Social Confidence  
Broderick Leaks                                                                |
|           |          |                        | 4:00-5:30  
Health Arts  
RSVP  
Emily Shinne                                                                  |
|           |          |                        | 4:45-6:15  
Graduate Women Support Group  
Christina Mohajerani  
Abbie Wolfson                                                                  |
|           |          |                        | 4:00-5:30  
Yoga as Healing  
RSVP  
Emily Shinne                                                                  |
|           |          |                        | 4:30-6:00  
Grad Relationship Group  
Parissa Nili                                                                    |
|           |          |                        | 5:00-6:30  
Women of Color Support Group  
Brittany Beasley                                                               |
| Wednesday |          |                        | 1:00 – 2:30  
International Tea Time  
Annie Hsueh                                                                  |
|           |          |                        | 2:00-3:30  
New Choices  
Alise Cogger                                                                  |
|           |          |                        | 3:30-5:00  
Gender Spectrum Group  
Bryce McDavitt                                                                |
|           |          |                        | 4:00-5:30  
New Choices  
Alise Cogger                                                                  |
|           |          |                        | 5:00-6:30  
Women of Color Support Group  
Brittany Beasley                                                               |
| Thursday  |          |                        | 5:00-6:30  
Women of Color Support Group  
Brittany Beasley                                                               |
|           |          |                        | 5:00-6:30  
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Brittany Beasley                                                               |
|           |          |                        | 5:00-6:30  
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