**Join our Student Resource Center**

Community Programs Office, Bruin Resource Center, SAC/Kerckhoff

Location: BRC Suite B44

**Tuesdays 10:00 - 11:30 am**

**Undocuscholars Drop-in group**

**Hours**: Thursdays, 1:00 - 3:00 pm

*(start Week 1)*

**Undocumented Student Program**

Plan will all have access to Lyra. Learn more at counseling.ucla.edu/issp

**Lyra**

myucship.lyrahealth.com

To receive these codes, please call us between 9:00 am - 4:00 pm Mondays - Thursdays and 9:00 am - 1:00 pm Fridays

**Any Questions?**

Follow us on Instagram @ucacaps for more information!

**It is a safe place for survivors of sexual assault, dating and domestic violence, and/or stalking to get support, consultation, and to have a confidential place to talk. You can get help without formally reporting an assault or requesting formal treatment. Trauma-informed yoga for survivors, as well as custom workshops and trainings on a variety of topics, are offered at CARE. To make an appointment with a CARE Advocate, call 310-206-2465 or email advocate@carereprogram.ucla.edu. For more information on resources and support, visit: www.carereprogram.ucla.edu**

**RESILIENCE IN YOUR STUDENT EXPERIENCE**

The RISE Center will be temporarily closed from Monday, March 6th until early May for our long-awaited renovation. We will miss seeing you in the Center while we are closed, but we are so excited to share our newly renovated space later this spring. Rest assured, RISE isn’t going anywhere! Please visit our website risecenter.ucla.edu or follow us on Instagram @risecenterucla for activity updates, including where else on campus to find RISE workshops, staff, and programming while the space is closed.

In the meantime, we invite you to sign up for our biweekly newsletter with updates on our current programming. Scan the QR code below:

If you are interested in requesting a program from us during this time, simply head to our website, select “Request a Workshop” at the upper right hand corner of the page, and enter the date, time, and topic for which you would like us to present. We will respond as soon as possible. For more information, please contact risecenter@ucla.edu.
Spring 2023 Therapy Groups
Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to students with and without SHIP.

Academic Success Groups

Disruption Writer’s Group (For Graduate Students)
Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the Thesis or Dissertation writing process? Topics discussed include procrastination, blocks, perfectionism, time management, confidence issues and conflicts with peers and professors.

Mondays: 12:00 - 2:00 pm

Fridays: 9:00 - 10:30 am

Anxiety Groups

Breaking Free From Anxiety:
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skill group uses cognitive behavioral and acceptance based strategies to help break the cycle of anxiety.

Tuesdays: 2:00 - 3:30 pm

Disordered Eating Groups

Disordered Eating I:
Develop skills for creating a healthier lifestyle, challenging destructive behaviors and enhancing relationships. This group is designed to help members understand the connections among disordered eating and relationships, weight and shape concerns, social triggers, and personal factors.

Thursdays: 11:00 am - 12:30 pm

Disordered Eating II:
For students who are struggling with the loss of a loved one. This group aims to: help you gain insight into why you relate to others the way you do, give you opportunities to try new ways of connecting with others, and provide support and feedback as you learn more about yourself and your relationships.

Mondays: 2:30 - 4:00 pm

Mind/Body Groups

Compassion for Your Inner Critic:
Is your tendency to criticize or judge yourself impacting your academic relationships? This group will help you identify your academic strengths and weaknesses; understand how to manage attention, concentration and memory; improve your academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.

Thursdays: 4:00 - 5:30 pm (In person)

Fridays: 1:00 - 2:30 pm (In person)

Overcoming Procrastination:
If your procrastination has become problematic or is affecting your ability to succeed, this group will help you understand how to maximize attention, manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success.

Tuesdays: 10:00 - 11:30 am

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