

# Counseling and Psychological Services (CAPS) GROUPS

## Online Groups, Fall 2021

*Clients need to be referred to these groups by a CAPS clinician, please contact CAPS at 562-985-4001 for more details if interested. To request disability-related accommodations to participate, please contact the Bob Murphy Access Center at 562-985-5401 or at [bmac@csulb.edu](mailto:bmac@csulb.edu). Times/Days subject to change.*

**All Groups will be held over Zoom.**

### Online Therapy Groups for CAPS Clients

#### Finding Your Calm: Tools for Coping with Anxiety

- ▲ This is a 6-week structured group designed to help you learn effective strategies for coping with anxiety using cognitive-behavioral, mindfulness, and acceptance-based principles.
- ▲ Mondays 11am–12:15pm: Lauren Jensen, Ph.D.

#### Managing Mood: Tools for Coping with Depression

- ▲ This group aims to help college students understand the symptoms of depression and help develop strategies to cope with depression.
- ▲ Tuesdays 1-2:30pm: Clarissa Green-Anicich, Psy.D.

#### Moving Between Worlds: A Support Group for Asian Pacific American Women

- ▲ This group is for women who are interested in exploring cultural expectations on their identities, roles within their family, and dating, career, and personal choices.
- ▲ Tuesdays 2 – 3:15pm: Lesley Graves, Ph.D. and Christine Ricohermoso-Shiaw, Psy.D.

#### Processing Grief

- ▲ This group is meant to help students cope with the often-uncertain terrain that comes along with the grief/loss process. This is an opportunity for students to connect with others with unresolved grief due to recent or past death of a loved one.
- ▲ Fridays 1:30-2:30pm: Nidia Moran Canales, Ph.D. and Karen Godinez Gonzalez, M.S.

#### Understanding Self and Others

- ▲ This counseling group provides students with a safe and confidential space to receive help with interpersonal concerns and experience personal growth.
- ▲ Thursdays 2-3:30pm: Christine Ricohermoso-Shiaw, Psy.D. and Jaz Robbins, M.A.
- ▲ Fridays 1:30-3:00pm: Abby Bradecich, Psy.D. and Sam del Castillo, M.A.

### Online Workshop Groups for CAPS Clients

(3-session workshops include workbooks for participants)

#### Relationship Workshop: Identify Ways to Foster Healthy Relationships

- ▲ Wednesdays 1-2pm: Amanda Trama, Psy.D.

#### Anxiety Toolbox: Understand Anxiety Symptoms and Build Skills to Manage Anxiety

- ▲ September, Tuesdays 1-2pm: Christine Ricohermoso-Shiaw, Psy.D.
- ▲ October, Thursdays 10-11am: Christine Ricohermoso-Shiaw, Psy.D.
- ▲ November, Mondays 1-2pm: Christine Ricohermoso-Shiaw, Psy.D.

#### Mood Masters: Healthy Strategies for Managing Overwhelming Emotions

- ▲ Wednesdays 1-2pm: Lesley Graves, Ph.D.



# Counseling & Psychological Services

## Drop-in Support Spaces

### (Fall 2021)

Our drop-in support spaces are led by CAPS counselors via Zoom for undergraduate and graduate students at Long Beach State. Drop-in spaces are not therapy groups but do offer space to connect with other students and feel supported. You do not need to be a client at CAPS to participate, you can join at any time in the semester, it is okay to arrive late or leave early, and you are not expected to attend each meeting. Unless noted otherwise, our drop-in support spaces do not meet during campus holidays, school breaks, or finals week. To request disability-related accommodations to participate, please contact the Bob Murphy Access Center at 562.985.5401 or at [bmac@csulb.edu](mailto:bmac@csulb.edu).

### Mondays

---

- **Grieving with Grace:** Conversations about learning to live after loss
  - **Date/Time:** Mondays 12:30pm – 2pm (weekly) | Starting August 30, 2021
  - **Facilitator:** Michael Barraza, Psy.D.
  - **Zoom ID:** 869 9864 9174 (Passcode: 5629854001)
    - \* Meeting during finals week
- **Rainbow Café:** An inclusive space in support of sexual, gender, and romantic diversity
  - **Date/Time:** Mondays 3:30 — 5pm (weekly) | Starting August 23, 2021
  - **Facilitator:** Lauren Jensen, Ph.D.
  - **Zoom ID:** 968 9071 8629

### Tuesdays

---

- **Black Table Talk:** A space for the CSULB Black community to talk about race and other issues impacting our community
  - **Date/Time:** Tuesdays 12– 1pm (2x/month) | Starting August 24, 2021
  - **Facilitator:** Shelly Collins, Ph.D. (rotating facilitators)
  - **Zoom ID:** 870 1139 6405
- **Creating Community:** A space for AAPI students to connect across diverse lived experiences
  - **Date/Time:** Tuesdays 12-1pm (weekly) | Starting August 31, 2021
  - **Facilitators:** Arlene Dayrit, LMF & Diane S. Hayashino, Ph.D. (rotating facilitators)
  - **Zoom ID:** 892 2464 4000

- **Buddies Connect @ the Beach:** A space to connect with other students, find community, and engage in activities to de-stress
  - **Date/Time:** Tuesdays 1-2pm (weekly) | Starting August 31, 2021
  - **Facilitators** Lolita Mariscal-Carrano, LCSW, Gloria Flores, MHP, CHES (Peer Program Coordinator), & Beach Buddy Peer Mentors
  - **Zoom ID:** 870 8990 9478
- **Butterfly Healing Circle:** Undoc/DACA support group led by UndocuAllies
  - **Date/Time:** Tuesdays 3 - 4pm (monthly) | 9/28, 10/ 26, 11/16, 12/7
  - **Facilitator:** Nidia Moran Canales, PsyD, LMFT & Xiomara Romero, LMFT
  - **Zoom ID:** e-mail Nidia.Moran@csulb.edu for Zoom ID

## Wednesdays

---

- **First at the Beach:** A support space for first generation college students at CSULB
  - **Date/Time:** Wednesdays 12-1pm (weekly) | Starting August 18, 2021
  - **Facilitator:** Elisa Hernandez, Ph.D.
  - **Zoom ID:** 845 9072 7986
    - \* Meeting during fall break
- **Beach Parents:** workshops and a space to connect with pregnant and parenting students
  - **Date/Time:** First Wednesdays 1 – 2pm (monthly) | Starting September 1, 2021
  - **Facilitators:** Abby Bradecich, Psy.D. & Karen Kinsley, MSW
  - **Zoom ID:** 865 7922 2084
- **It's Been A While:** A support space for re-entering undergrad and graduate students
  - **Date/Time:** Wednesdays 4 – 5pm (weekly) | Starting August 18, 2021
  - **Facilitator:** Dan Szuhay, Psy.D.
  - **Zoom ID:** 830 9363 1386
    - \* Meeting during fall break and finals week

## Thursdays

---

- **Love Online:** Conversations and information on dating in the digital age, relationships & sex
  - **Date/Time:** Thursdays 11am -12pm (2x/month) | Starting September 9, 2021
  - **Facilitator:** Shelly Collins, Ph.D.
  - **Zoom ID:** 840 7433 9066
    - \* Meeting during finals week

- **Thoughtful Thursday:** Guided mindfulness and meditation
  - **Date/Time:** Thursdays 11:30am – 12:30pm (weekly) | Starting September 9, 2021
  - **Facilitators:** Arlene Dayrit, LMF, Christine Ricohermoso-Shiaw, Psy.D., & Nidia Moran Canales, Psy.D. (rotating facilitators)
  - **Zoom ID:** 825 5440 8194
    - \* Meeting during finals week
  
- **Sisterfriends:** A supportive networking group for Black women (hosted by WGEC)
  - **Date/Time:** Thursdays 1 – 2:30pm (weekly)
  - **Facilitators:** Hosted by Women's and Gender Equity Center with Dr. Shelly Collins as an intermittent guest facilitator from CAPS
  - **Zoom ID:** email the Women's and Gender Equity Center for Zoom ID
  
- **Latinas @ the Beach:** A space to connect with other Latinas
  - **Date/Time:** Thursdays 2 - 3pm (weekly) | Starting August 26, 2021
  - **Facilitator:** Rosa Moreno-Alcaraz, Ph.D.
  - **Zoom ID:** email LatinasAtTheBeach@csulb.edu for Zoom ID
  
- **International Student Support Group:** Weekly conversation to connect with international students
  - **Date/Time:** Thursdays 4 – 5pm (weekly) | Starting September 2, 2021
  - **Facilitator:** Bongjoo Hwang, Ph.D.
  - **Zoom ID:** 942 0582 2760

# LET'S TALK



Individual Drop-In Consultations for  
CSULB Students via Zoom

Let's Talk:  
Mondays (Weekly)  
2pm-3pm

Black Talk:  
Tuesdays (Biweekly)  
12pm-1pm



Hosted by:  
Shelly-Ann Collins, Ph.D.  
Christine Ricohermoso-Shaw, Psy.D.

To request disability-related accommodations, complete the [Bob Murphy Access Center Event Request Form](#) or contact BMAC at [RequestBMACaccess@csulb.edu](mailto:RequestBMACaccess@csulb.edu).



# Q.P.R: SUICIDE PREVENTION TRAINING

QPR stands for Question, Persuade, Refer - 3 simple steps that anyone can learn to help save a life.

To RSVP, visit: <http://bit.ly/QPR-OpenSessions>

(To request a QPR Training for a group, visit: <http://bit.ly/QPR-Requests>)

(All trainings will be held via Zoom)

**Friday**

9/10/2021  
10am-12pm

**Monday**

9/27/2021  
1pm-3pm

**Friday**

10/8/2021  
10am-12pm

**Friday**

10/22/2021  
10am-12pm

**Monday**

11/01/2021  
10am-12pm

**Tuesday**

11/09/2021  
11:30am-1:30pm

To request disability-related accommodations, complete the [Bob Murphy Access Center Event Form](#) or contact BMAC at (562) 985-4101.



NEED SOMEONE TO TALK TO?

# BEACH BUDDY PEER MENTORING



M-F hours  
Drop-in!

<https://bit.ly/bbpeermentoring>

Stop by our peer  
mentoring hours  
to talk to a fellow  
CSULB Student  
who can help find  
answers to your  
questions,  
together!

@csulbbeachbuddy



LONG BEACH STATE

**JOIN US!**

# **BEACH BUDDY MENTAL HEALTH WORKSHOPS**



Join us to learn  
more about:  
mental health  
stressors  
anxiety  
self-care  
& more!



**CSULB.EDU/BEACHBUDDY**  
**@csulbbeachbuddy**

