

BCC Virtual Therapy Groups*

***Therapy Groups are limited to students residing within Massachusetts.**

What is a Therapy group? A supportive and confidential space for students to discuss personal issues and information. A place for processing and in-depth work related to clinical issues, life experiences, and relational or inter-group dynamics. Run by counselors at the BCC.

Student Agreement/ Consent for Telehealth: Students who choose to engage in group therapy at the BCC will need to sign a telehealth consent in the portal. Students who have already had an assessment at the BCC will have completed this in their first meeting.

<u>BCC Virtual Therapy Groups*</u>		
BCC Therapy Group	Day/Time	Leader(s)
Re: Mind Anxiety symposia hmargolis@brandeis.edu	Tue 7pm, Thur 11am, Fri 11am	juliacoleman@brandeis.edu
Re: Mind Depression symposia	Tues 5pm, Thur 11am, Fri 2pm; starts 9/8	hmargolis@brandeis.edu
Comprehensive Cognitive Behavioral Therapy	Mon 1pm (undergrad) Wed 1pm (senior/grad)	tnir@brandeis.edu
Women's Psychotherapy Group	Tues, 1pm; starts 9/8	hmargolis@brandeis.edu
Social anxiety Group	Fridays, 10am starts 9/25	juliacoleman@brandeis.edu
Misery Loves Company	Tues, 4pm starts 9/8	hmargolis@brandeis.edu
What is family?	Tues, 2pm starts 9/15	jodiwaddell@brandeis.edu

BCC Virtual Workshops****Workshops are open to all students regardless of location.**

What is a Workshop? A skill-based meeting guided primarily by the workshop leader, intended to educate and support attendees on a specific topic. A space for students to connect to one another and share ideas.

Student Registration for Workshops: Students who choose to engage in BCC held workshops will need to fill out a [BCC Workshop Registration Form](#) There is no requirement for initial contact with the BCC prior to joining one of these sessions.

BCC Virtual Workshops		
Workshop	Day/Time	Leader(s)
Connect10n Workshop series*	*see alternative registration form	hmargolis@brandeis.edu
CBT Basics workshop	Thursdays, 4pm first series 9/24-10/8 with Rachael & Arianna	rpucillo@brandeis.edu ariannaslotnick@brandeis.edu
Spirituality and mental health discussion workshop Undergraduate and Graduate	undergrad: Wednesdays, 10/14-11/11, 3pm Grad: Wednesdays, 10/14-11/11, 4pm	hmargolis@brandeis.edu (plus chaplain from Spiritual Life)
Thriving Together: A Discussion group for students living with an ongoing medical condition	Start 9/21 4 sessions with break for holidays Mondays at 5	rcaplan@brandeis.edu
BCC Zoocial	TBD	hmargolis@brandeis.edu
Sacred Space Men's Discussion group	TBD	mapierre01@brandeis.edu sjada@brandeis.edu
Bereavement Support	Mondays @ 4:00 PM starts 9/14	aengel1@brandeis.edu

Community Therapy Workshops and Discussion Groups*

***Community Therapy workshops and discussion groups are open to all students regardless of location and/or affiliation with the community therapy site**

What is a Discussion Group? A supportive space to come together and discuss issues that are relevant to individual and collective student experiences. Discussions primarily led by participants with group leadership guiding conversation.

Student Registration for Community Therapy Workshops and Discussion Groups: Students who choose to engage in Community Therapy workshops and discussion groups will need to fill out a [BCC Workshop Registration Form](#). There is no requirement for initial contact with the BCC or Community Therapist prior to joining one of these events.

Community Therapy Workshops and Discussion Groups		
Discussion Group/Workshop	Day/Time	Leader(s)
Managing Parent Relationships during COVID (for BIPOC students)	TBD	suthekked@brandeis.edu mnatarajan@brandeis.edu
Multi-Cultural "Show & Tell"	Tuesday at 5	suthekked@brandeis.edu nooribrahim@brandeis.edu
Surviving & Thriving Queerantime	Tuesdays at 4, weekly starting sept 22	lmotyka@brandeis.edu nickiroth@brandeis.edu
Rookie of the Year: A New Student Community	Weekly Fridays, 11am Starting 9/18	ceichmann@brandeis.edu
Brain Day: Mental Skills Workshop Series	Biweekly Tuesdays, 6pm Starting 9/22	ceichmann@brandeis.edu
Brandeis Sidelines: A Community for Athletes Overcoming Injury	Biweekly Tuesdays, 6pm Starting 9/29	ceichmann@brandeis.edu
Let's Do Lunch: A Midday Discussion Group	Weekly Wednesdays, 1pm Starting 9/16	ceichmann@brandeis.edu nooribrahim@brandeis.edu
2020, WTF: Work Through Frustration	Weekly Wednesdays 2pm Starting 9/16	ceichmann@brandeis.edu nooribrahim@brandeis.edu
CA Support Group (DCL CA's only)	Biweekly Fridays 1pm Starting 9/18	ceichmann@brandeis.edu nooribrahim@brandeis.edu
(En)Visioning Healing & Liberation	TBD: Mon @ 6:30pm or Wed 12pm, weekly starting October	lmotyka@brandeis.edu (Vilma from PARC)