

Workshops & Groups at SPS

We offer a wide range of skills-based workshops and therapy and discussion groups to help you reach your wellness goals and connect with other students. Please call (310) 338-2868 to register or for more info.

Body Beautiful

For women only / begins Wed, Sep 25th @ 3-4pm / runs 6 wks

- 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

Begins Thu, Oct 3rd @ 3pm-4pm / runs 8 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 e-mail TheCircle@lmu.edu for more info

Getting What You Want: Essentials of Interpersonal Effectiveness

Begins Thu, Sep 26th @ 1-2pm / runs 3 wks / repeats Thu, Oct 24th

- Learn how to get your needs met in social relationships
- Develop assertiveness and interpersonal problem-solving skills

Grief & Loss Support Group

Begins Mon, Sep 30th @ 4pm-5pm / runs 8 wks

- 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

Overcoming Anxiety & Stress*

Begins Thu, Sep 19th @ 4pm-5pm / runs 5 wks / repeats Thu, Oct 24th

- Learn how to improve your ability to manage stress, excessive worry, and general feelings of anxiety
- Enhance your understanding of your anxiety/stress and develop coping and self-care practices

Ride the Wave: Skills to Manage and Reduce Emotional Distress

Begins Tue, Sep 10th @ 4:30pm-5:30pm / runs 6 wks / repeats Tue, Oct 22nd

- Develop skills to more effectively handling challenging emotions
- Increase self-acceptance and learn to treat yourself with kindness and compassion

Sisters Chat: Black Women Connect!

Begins Mon Sep 23rd @ 3pm-4pm / runs biweekly / drops in welcome

- For African American women to share and discuss personal development and empowerment in a safe space
- Examine the importance of self-reflection in building positive self-esteem and self-confidence

Social Anxiety & Social Skills Group

Begins Mon, Sep 23rd @ 11am-12pm / runs 8 wks

- Develop the skills to gain confidence and manage your anxiety in social settings
- Learn effective ways to communicate and connect with others in various social situations

Thriving with Depression

Begins Wed, Sep 18th @ 4:30pm-5:30pm / runs 5 wks / repeats Wed, Oct 23rd

- Practice new ways of thinking and different daily activities to improve and lift your mood
- Learn practical strategies, tips, and tools to create a more vital and meaningful life

Yoga Unwind

Begins Mon, Sep 16th @ 12pm / runs 5 wks / repeats Mon, Oct 21st @ 5:30pm

- Learn how to calm your body and brain, increase focus, and improve sleep through yoga and meditation
- Come for the chill-out and leave with stress relief tools you can carry with you everywhere

*Group registration required for all groups/workshops except The Circle