

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 are not required 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.

Mondays

- **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.; Lauren.Jensen@csulb.edu
 - **Zoom ID:** 968 9071 8629

Tuesdays

- **Butterfly Healing Circle:** Undoc/DACA support group led by UndocuAllies
 - **Date/Time:** TBD (*Tentative: Tuesdays 11am -12pm (2x/month)*) | *Starting TBD*
 - **Facilitator:** Nidia Moran Canales, Ph.D.; Nidia.Moran@csulb.edu
 - **Zoom ID:** TBD
- **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.; Shelly.Collins@csulb.edu (*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.; Diane.Hayashino@csulb.edu (*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; Loli.MariscalCarrano@csulb.edu
 - **Zoom ID:** 870 8990 9478

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.; Elisa.Hernandez@csulb.edu
 - **Zoom ID:** 845 9072 7986
* *Meeting during fall break*
- **Grieving with Grace:** Conversations about learning to live after loss
 - **Date/Time:** Wednesday 12:30pm – 2pm | *Starting September 1, 2021*
 - **Facilitator:** Michael Barraza, Psy.D.; Michael.Barraza@csulb.edu
 - **Zoom ID:** 869 9864 9174 (Passcode: 5629854001)
* *Meeting during finals week*
- **Beach Parents:** Monthly 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;
Abby.Bradecich@csulb.edu
 - **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.; Daniel.Szuhay@csulb.edu
 - **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.; Shelly.Collins@csulb.edu
 - **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.; arlene.dayrit@csulb.edu (rotating facilitators)
 - **Zoom ID:** 825 5440 8194
 - * Meeting during finals week
- **Sisterfriends:** A supportive networking group for Black women (led by WGEC)
 - **Date/Time:** Thursdays 1 – 2:30pm (weekly)
 - **Facilitators:** Hosted by WGEC with Shelly-Ann Collins Rawle, Ph.D. as an intermittent guest facilitator from CAPS; wgec@csulb.edu
 - **Zoom ID:** Contact facilitator
- **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.; LatinasAtTheBeach@csulb.edu
 - **Zoom ID:** Contact facilitator
- **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.; Bongjoo.Hwang@csulb.edu
 - **Zoom ID:** 942 0582 2760