

PEPPERDINE UNIVERSITY
GRADUATE SCHOOL OF EDUCATION AND PSYCHOLOGY
COMMUNITY COUNSELING CENTER - ORANGE COUNTY

SUPPORT GROUPS AVAILABLE

LOW/NO COST

PARENTS/CAREGIVERS SUPPORT GROUP

10-week group aimed at strengthening parents and caregivers' resources to foster their own wellbeing and healthy families. Group sessions are 90 minutes long and offered via Zoom or in person.

SELF-EMPOWERMENT GROUP (Available in Youth and Adult format)

10-week group aimed at promoting self-awareness, emotional regulation, coping strategies and resilience . Groups sessions are 90 minutes long and offered via Zoom or in person.

GRIEF SUPPORT GROUP (Available in Youth and Adults format)

10-week group aimed at creating a safe space to process the grief and healing journey resulting from the loss of a loved one. Groups sessions are 90 minutes long and offered via Zoom or in person

BUILDING HEALTHY CONNECTIONS SUPPORT GROUP (Available in Youth and Adults format)

10-week group aimed at supporting in the creation of interpersonal satisfaction and meaningful connections . Groups sessions are 90 minutes long and offered via Zoom or in person



For more information about our groups or how to enroll,
please contact our center at (949)223-2570

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WELCOMES YOU

Our center offers:

Community Workshops and Groups
&
Short-Term Psychotherapy to support
you:

- Navigate transitions, or changes in your life or community.
- Enhance relationships.
- Develop skills to cope with uncomfortable emotions, thoughts or experiences.

Our services are:

- Culturally sensitive, Trauma-informed and Resiliency-based
- Available in English and Spanish for children and adults.
- Offered in individual, couple, family or group format.
- In-person or via Zoom
- Sliding scale fees



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