Queer And Questioning Support Group

Presented by CSUEB Counseling Services
Introductions

- Share your name, pronouns, year @ CSUEB, & major
- Icebreaker Question
Agenda for Today

- Group Guidelines
- Grounding Activity
- Quote
- Topic Discussion
- Closing Question
- Resources
Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations
- Sharing (Headlines not details)
- Chat privately for specific needs
Grounding Activity
TO BE YOURSELF IN A WORLD THAT IS CONSTANTLY TRYING TO MAKE YOU SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT

ralph waldo emerson
Issues Impacting Us

- Topic

-
Deeper Dive: Managing Microaggressions

- What are microaggression? (ex. misgendering)
- How do microaggressions make you feel?
- How might boundaries (emotional, physical, etc.) relate to managing microaggressions?
- What is grounding? What are some way you might ground yourself, and how would this help with microaggressions?
Closing Question

- What was the conversation like for you today?
- Any feedback you want to share?
Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Mindful minutes now twice a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Thank you for joining us!

Resources:

Check out the Wellness Resource Tab on the CSUEB Student Health and Counseling Services Web Page!

For an Appointment:
Call (510) 885-3735 or https://health.csueastbay.edu

be good to yourself