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24/7 support: 858-534-4793

**CARE AT SARC**

# Fall 2024 Groups

## **Transforming Trauma: Peer Support Group for Undergraduate Sexual Violence Survivors**

*-Closed Group; Intake required-*  
**First Session: October 17, 2024**  
**Thursdays, 12pm-1:30pm**

**Location:** CARE at SARC Office - Student Services Center, Suite 500  
**Contact:** Liz Garcia, MSW  
(she/her): [elg022@ucsd.edu](mailto:elg022@ucsd.edu)

This is a weekly peer support group for undergraduate student survivors of sexual violence. The purpose of this group is to promote a sense of community, self-empowerment, and to provide a safer space for survivors to learn self-care and coping strategies. This group requires an intake process and meets weekly. Regular attendance is encouraged. **To schedule an intake or for any questions, please contact Liz Garcia.**

## **Registration Open: For Winter 2025 & Spring 2025 Yoga as Healing - Trauma Informed Yoga Group**

*-Closed Group; Intake required-*

**Contact(s):** Alassandra Marquez (she/they); [ammarquez@ucsd.edu](mailto:ammarquez@ucsd.edu) and Yessica Becerra (she/her): [ybecerra@ucsd.edu](mailto:ybecerra@ucsd.edu)



Sign up form:  
<https://tinyurl.com/CAREYoga24-25>

This eight-week yoga series for student survivors of sexual trauma explores reconnection to the mind and body. This program provides a means for participants to connect to their bodies and allows them to explore the benefits of mindfulness, guided practice and meditation. No prior yoga experience is necessary to participate and all supplies are provided. Students must submit an application and complete an intake appointment with a confidential CARE Staff prior to participating in either the Winter 2025 or Spring 2025 cohorts.

## **Additional Resources for Group Support**

[CAPS: Groups, Forums, and Workshops](#)

[Your Safe Place \(San Diego Community Resource\)](#)

[Center for Community Solutions \(San Diego Community Resource\)](#)

[Freedom Within Center \(San Diego Resource\)](#)

