

UC SANTA BARBARA

Alcohol & Drug Program

Student Health

# Family and Relationships Support Group

Join our 7-week **free, confidential** process group for students who have family members or other loved ones struggling with substance use issues or other related mental health concerns.

**This group will be virtual.**

**Fridays**

**10:00-11:00am**

**Begins January 22, 2021**

To attend and get the zoom meeting information, please contact

**Whitney Bruice, MFT, Alcohol and Drug Program Behavioral Health Therapist,**

for a brief phone or telehealth meeting to be sure this group will meet your needs:

**[whitneyb@ucsb.edu](mailto:whitneyb@ucsb.edu) or 805-893-4978**