

SURVIVOR FIRST

a semester-long interpersonal processing group for students who have experienced sexual assault

When:

every Thursday

1-2pm

(Fall 2021)



Where:

Webex

***students must be in the state of Maryland to attend group sessions**

This is a gender inclusive group.
Counseling Center is a safe and confidential resource.
Open to domestic and international students.

some topics we may discuss include...

well-being and self-care

shame & guilt

understanding trauma

intimacy & sexuality

expressing emotions

relationships and trust

silence & secrecy

intersectionality & systems

identity

The first step to joining any group is completing a triage appointment. Please use the self-scheduling feature in your patient portal:

<https://myretrievercare.umbc.edu>

