

Counseling Center Groups for Spring 2021

Improve Your Well-Being Through Connection with Others

<p>Connecting While Apart: Graduate Support Group (Fridays, 3-4:30pm)</p> <p>Provides help to graduate students experiencing social isolation and other challenges associated with the current global pandemic (e.g., balancing remote learning and family life; changes in research; etc.)</p>	<p>Women of Color Support Group (Thursdays 1-2:30pm)</p> <p>A safe and confidential space for women of color to explore their identity and discuss challenges related to facing systemic oppression, racism, and sexism</p>	<p>UMBC Self-Help Book Club (Tuesdays, 3-4pm)</p> <p><u>Book:</u> "Quiet: The Power of Introverts in a World That Can't Stop Talking" by Susan Cain</p> <p>Calling all Introverts!! Learn how to reduce shame and use your natural demeanor in living your life as a proud introvert</p>	<p>You've Got This Group <u>Round 1:</u> Fridays, 11am-12:30pm, Starting Feb. 5th</p> <p><u>Round 2:</u> Starts After Spring Break, Day & Time TBD</p> <p>A 4-week group to help you learn research-supported strategies to reduce emotional distress, manage upsetting thoughts, and communicate more effectively</p>
<p>Connecting While Apart: Undergraduate Support Group (Wednesdays, 3-4:30pm)</p> <p>Provides help with managing the stress of college life, improving communication with others, and developing meaningful & healthy relationships</p>	<p>Trans Support Group (Fridays, 2-2:50pm)</p> <p>A supportive space for students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those questioning their gender identity</p>	<p>Moving Forward with Purpose Group (Mondays, 1-2:30pm)</p> <p>A 5-week group to help you learn strategies to increase your motivation, figure out what matters most to you, and feel more in control of your life</p>	<p>*****</p> <p>ALL GROUPS TAKE PLACE VIA WEBEX AND ARE FREE, CONFIDENTIAL, AND SMALL SIZED (6-8 STUDENTS)</p> <p>*****</p>

Visit counseling.umbc.edu or call 410-455-2472 for more information.