

# Counseling Center Groups for Spring 2021

Improve Your Well-Being Through Connection with Others

<p><b>Connecting While Apart: Graduate Support Group</b> (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><b>Women of Color Support Group</b> (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><b>UMBC Self-Help Book Club</b> (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><b>You've Got This Group</b> <u>Round 1:</u> Fridays, 11am-12:30pm, Starting Feb. 5th</p> <p><u>Round 2:</u> Starts After Spring Break, Day &amp; 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><b>Connecting While Apart: Undergraduate Support Group</b> (Wednesdays, 3-4:30pm)</p> <p>Provides help with managing the stress of college life, improving communication with others, and developing meaningful &amp; healthy relationships</p>	<p><b>Trans Support Group</b> (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><b>Moving Forward with Purpose Group</b> (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 <b>FREE, CONFIDENTIAL, AND SMALL SIZED</b> (6-8 STUDENTS)</p> <p>*****</p>

Visit [counseling.umbc.edu](https://counseling.umbc.edu) or call 410-455-2472 for more information.



## Spring 2021 Group Descriptions

**Connecting While Apart: Graduate Student Support Group** is geared towards students in masters' and doctoral programs. It requires a semester-long commitment to allow group members to develop a sense of safety, trust, and group cohesion. This group is designed to provide a safe and confidential environment for graduate students to discuss the stress and challenges they're facing being in grad school during the current global pandemic. Members will also gain support for managing loneliness and social isolation, as well as other relational concerns and personal difficulties they may be experiencing. We hope that the group cultivates deep and meaningful conversations and contributes to group members' emotional wellbeing.

Day and Time: Fridays, 3PM-4:30PM

Facilitators: Keyaira Williams, M.S. (She/Her/Hers) & Lily Kaufmann, M.A. (She/her/hers)

Contact: Keyaira at [keyairaw@umbc.edu](mailto:keyairaw@umbc.edu) or Lily at [lkaufman@umbc.edu](mailto:lkaufman@umbc.edu)

**Connecting While Apart: Undergraduate Support Group** is geared towards undergraduate students experiencing social isolation and other challenges brought on by the current global pandemic (e.g., adjusting to remote learning; losing activities, internships, etc.). The group provides a safe, confidential space for students to find a sense of connection and shared understanding as well as an opportunity to learn from others' experiences. Members will also learn how to make new relationships and/or improve existing ones. The ultimate goal is for members to gain greater self-knowledge and develop more meaningful connections with friends, family, partners, etc. The group requires a semester-long commitment.

Day and Time: Wednesdays, 3PM-4:30PM

Facilitators: Lauren Mirzakhali, MSS, LCSW-C (She/her/hers) & Roshan Javadian, M. Psy. (She/her/hers)

Contact: Lauren at [lmirzak1@umbc.edu](mailto:lmirzak1@umbc.edu) or Roshan at [roshanja@umbc.edu](mailto:roshanja@umbc.edu)

**Moving Forward with Purpose Group** is a 5-week program based on Acceptance & Commitment Therapy (ACT). It is intended to help students learn strategies to increase motivation, figure out what matters most, and feel more present in day-to-day life. Group sessions will focus on different concepts including being present, approaching things that we avoid, and turning values and goals into action. Group members will have opportunities to share their own experiences, learn more about themselves, and develop a greater sense of purpose and meaning in life.

Day and Time: Mondays, 1PM-2:30PM

Facilitators: Lily Kaufmann, M.A. (She/her/hers) & Keyaira Williams, M.S. (She/Her/Hers)

Contact: Lily at [lkaufman@umbc.edu](mailto:lkaufman@umbc.edu) or Keyaira at [keyairaw@umbc.edu](mailto:keyairaw@umbc.edu)



**Trans Support Group** is a semester-long, emotional support group for students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those who are questioning their gender identity.

Day and Time: Fridays 2PM – 2:50PM

Facilitators: Sunny Swift, Psy.D. (He/him/they/them) & Roshan Javadian, M. Psy. (She/her/hers)

Contact: Dr. Swift at [eswift@umbc.edu](mailto:eswift@umbc.edu) or Roshan at [roshanja@umbc.edu](mailto:roshanja@umbc.edu)

**UMBC Self-Help Book Club** is a new and exciting group geared towards book lovers and students that value and crave self-reflection. “Quiet: The Power of Introverts in a World that Can’t Stop Talking” by Susan Cain has been selected as our Spring 2021 book. Ever been shamed for being “too shy”? Ever wonder why it can be so natural to talk one on one with a good friend, but feel super exhausted in group situations? “Quiet” aims to reframe the way you see the introvert vs extrovert spectrum, and empower you to be a proud introvert! The group will be moderated by Sam Chan, LCSW-C using questions that both challenge and support students. This group runs for 6 weeks.

Day and Time: Tuesdays 3PM – 4PM (Starting March 2<sup>nd</sup>)

Facilitator: Sam L Chan, LCSW-C (He/him/his)

Contact: Mr. Chan at [slchan@umbc.edu](mailto:slchan@umbc.edu)

**Women of Color Support Group** is a semester-long group. It is specifically designed to provide students (undergraduate and graduate) who identify as women of color with a safe and confidential space to obtain emotional support and discuss stressors and challenges related to navigating social, academic, and work spaces in the face of systemic oppression, racism, and sexism. Topics we explore include self-care/boundary setting, role expectations/societal messages, and cultural/racial/and ethnic identity issues and stress.

Day and Time: Thursdays 1PM – 2:30PM

Facilitators: Whitney Hobson, Psy.D. (She/her/hers) & Keyaira Williams, M.S. (She/Her/Hers)

Contact: Dr. Hobson at [whobson@umbc.edu](mailto:whobson@umbc.edu) or Keyaira at [keyairaw@umbc.edu](mailto:keyairaw@umbc.edu)



**You've Got This Group** is a 4-week program, based on Dialectical Behavior Therapy. It is intended to help students develop the tools that they need to cope with some of the challenges they experience in their day to day life. The program utilizes evidence-based skills and strategies designed to reduce symptoms of distress and increase positive coping strategies. Topics include mindfulness, thought as thought, emotion as emotion, and interpersonal effectiveness.

(1<sup>st</sup> round) Day & Time: Fridays, 11AM-12:30PM (Starting February 5<sup>th</sup>)  
Facilitators: Roshan Javadian, M. Psy. (She/her/hers) & Jacinda Dougherty, M.S (She/her/hers)  
Contact: Roshan at [roshanja@umbc.edu](mailto:roshanja@umbc.edu)

(2<sup>nd</sup> round) Day & Time: Starts After Spring Break, Contact Facilitators for Details  
Facilitators: Lily Kaufmann, M.A. (She/her/hers) & Rebecca Lambert, M.S. (She/her/hers)  
Contact: Lily at [lkaufman@umbc.edu](mailto:lkaufman@umbc.edu) or Rebecca at [relamber@umbc.edu](mailto:relamber@umbc.edu)