**Spring 2024 Group Descriptions**

The first step to joining any group is to complete an initial consultation appointment. Please call us at 410-455-2542 to schedule. Due to licensure laws, online groups require students to be in the state of Maryland during group participation.

For general group questions, please secure message our Group Coordinator, Lauren Mirzakhalili, LCSW-C, via the patient portal: <https://myretrievercare.umbc.edu/>

**Reflecting Retrievers: Undergraduate Student Process Group (In-Person, Spring Semester)** This group provides a safe, confidential space for students to find a sense of connection, shared understanding, and an opportunity to learn from others’ experiences. Members will also learn how to make new relationships and/or improve existing ones. The 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 1:00 PM- 2:15 PM (Starting February 14th)

Leaders: Summer & Lauren

**Graduate Student Support Group (Virtual, Spring Semester)** Pursuing a graduate degree can be one of the most challenging phases in an individual's academic career. The road to earning the diploma can be long and lonely. The Graduate Student support group is composed of graduate students who want to come together to share the challenges and struggles of their academic experience. Previous groups have focused on balancing school and personal life, relationships with advisers/peers, stress management, and anxiety about academic pressures while pursuing career goals.

Day and Time: Thursdays 3:00 PM-4:15 PM (Starting February 22nd)

Leaders: Patrice & Jay

**RA Support Group (In-Person, Drop-In)** This group is available to all Residence Life RA’s on a drop-in basis. This group creates a safe space where RA’s can gain support from a licensed mental health professional on how to handle difficult student situations on their floor and get support from other RA’s.Attendees can explore challenges such as: identifying students in distress, responding to disruptive behaviors, finding effective ways to intervene, enhancing self-care, as well as, finding a balance between one’s professional, personal and academic life.

Day and Time: Mondays 3:00 PM- 4:30 PM (Starting March 4th)

Leaders: Jay & Janay

**Transitions: A Support Group for Graduating Students (Virtual, Spring Semester)** While graduation can be an exciting experience, transitioning from undergraduate or graduate coursework to the next phase of life can also be challenging. Engaging in the world of work, moving away from friends and family, and rediscovering a sense of self away from academia are only some things that graduating students face as the semester winds down. RIH’s Transitions support group creates a space for those moving on from UMBC to share their anxiety, sadness, and joy while learning skills to support mental well-being as they continue their life’s journey.

Day and Time: Mondays 12:00 PM- 1:00 PM (Starting February 26th)

Leader: Stephanie

**Dungeons and Dragons Therapy Group (In-Person, Spring Semester)** Embark on a fantastical journey! We’re leading a supportive Dungeons and Dragons campaign designed specifically for queer, questioning, or allied college students. This group provides a unique blend of therapeutic engagement and imaginative roleplay, creating a safe and inclusive space for self-exploration and community building. Through collaborative storytelling and character development, members will explore themes of identity, resilience, and empowerment, all while enjoying the fun and creativity of a custom-designed D&D campaign. Our sessions, led by experienced facilitators, aim to foster a sense of belonging, understanding, and pride. Whether you're a seasoned player or new to the world of tabletop roleplaying, our group welcomes you to join this magical adventure.

Day and Time: Wednesdays 3:00 PM-5:00 PM (Starting February 28th)

Leaders: Zack & Shavern

**Support Group for International Students (In-Person, Spring Semester)** is a semester-long group intended to serve the mental health needs of international students. It provides a safe space for students to discuss the unique challenges of moving to a different country, such as homesickness, acculturation, and academic and interpersonal issues. The goal is for members to develop meaningful connections with others, find community, and get support regarding their challenges.

Day and Time: Fridays 10:30 AM-12:00 PM (Starting March 1st)

Leaders: Patrice & Shavern

**Support Group for Men (Virtual, Spring Semester)** is a semester-long group intended to serve the mental health needs of students who identify as men. It provides a safe space for students to discuss the unique challenges of navigating the norms and expectations that come along with being perceived as male. These norms and expectations can be highly enforced by society, but there’s rarely any guidance on how to enact them or understanding of why they are enforced. This group can be a space where men and masculine presenting students can ask questions they’ve otherwise been afraid to, acknowledge challenges living up to expectations, and support one another in finding ways forward. The goal is for members to develop meaningful connections with others, find community, and get support regarding their challenges.

Day and Time: Tuesdays 2:00 PM- 3:15 PM (Starting February 27th)

Leaders: Daniel & Jay

**Skills Training in the Application of Interpersonal Regulation (STAIR) (In-Person, six or eight weeks)** helps persons who struggle with relationship dynamics and emotion regulation. High-stress experiences overwhelm the emotional system, creating both emotional chaos and numbing, undermining our ability to think and act effectively, and disturbing our sense of self and relationships. The skills training and practice introduced in this program are designed to help you leave behind old patterns and develop new interpersonal behaviors and emotion management skills more consistent with your current life goals.

(1st round, eight weeks) Day & Time: Fridays, 1:30 PM-3:00 PM (Starting February 9th)

Leaders: Daniel & Zack

(2nd round, six weeks) Day & Time: Tuesdays, 1:30 PM-3:00 PM (Starting March 5th)

Leaders: Stephanie & Lauren

(3rd round, six weeks) Day & Time: Tuesdays, 10:00 AM- 11:30 AM (Starting April 2nd)

Leaders: Katie & Janay