

# Counseling Center Groups for Fall 2022

Improve Your Well-Being Through Connection with Others

<p><b>Reflecting Retrievers: Grad Student Support Group (Virtual)</b> (Thursdays, 3-4:15pm) Starting October 6th</p> <p>Gain support for managing the stress of graduate school, and for other challenges in your relationships and personal life</p>	<p><b>STAIR Group (In-Person)</b> <u>Round 1:</u> Wednesdays, 1-2:30 pm, Starting September 14th <u>Round 2:</u> Tuesdays, 10-11:30 am Starting September 27th</p> <p>For students struggling with relationship dynamics and emotion regulation.</p>	<p><b>You've Got This Group (TBD)</b> <u>Round 1:</u> Wednesdays, 3-4:30 pm, Starting October 26th <u>Round 2:</u> Tuesdays, 1-2:30pm, Starting November 8th</p> <p>Learn to reduce emotional distress, manage upsetting thoughts, and communicate more effectively</p>	<p><b>Reflecting Retrievers: Undergraduate Process Group (In-Person)</b> (Fridays, 9-10:30am) Starting September 16th</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 (In-Person)</b> (Fridays, 2-3:30 pm) Starting October 7th</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 (Virtual)</b> (Mondays 10 am– 11:30 am) Starting October 10th</p> <p>Learn strategies to approach challenging situations flexibly. Develop a deeper understanding of goals by exploring values and creating meaning.</p>	<p><i>Virtual groups will take place over Webex* and in person groups will be masked.</i> <b>Groups are free, confidential, and small-sized (10 students max).</b></p> <p><i>*Students must be in the state of Maryland to participate in groups due to licensure laws</i></p>	<p>To join a group, first schedule a triage appointment with the Counseling Center by calling 410-455-2542.</p>

For general group questions, secure message group coordinator Lauren Mirzakhilili, LCSW-C through your student health portal.