

Counseling Center Groups for Spring 2023

Improve Your Well-Being Through Connection with Others



To join a group, first schedule a triage appointment with the Counseling Center by calling 410-455-2542.

Grad Student Support Group (Virtual)

Thursdays, 3-4:15pm
Starting February 9th

Gain support for managing the stress of graduate school, and for other challenges in your relationships and personal life

Support Group for International Students (In-Person)

Wednesdays, 11:00 am-12:30 pm
Starting February 8th

Space for international Students to discuss unique challenges of moving to a different country.

Moving Forward with Purpose (In-Person)

Round 1: Fridays, 9:30-11:00 am,
Starting March 31st
Round 2: Mondays,
3-4:30 pm Starting
April 17th

Learn strategies to approach challenging situations flexibly. Develop a deeper understanding of goals by exploring values and creating meaning.

Boundaries Skills Group (In-Person)

Wednesdays, 3-4:30 pm
Starting April 12th

This group will help participants identify and understand boundaries with themselves, family members, and others.

Executive Functioning Skills Group (In-Person)

Tuesdays, 2-3:30 pm
Starting April 24th

Develop skills to overcome barriers to success, including time management, task prioritization/ implementation, motivation, and self-accountability.

*Virtual group will take place over Webex**
*Groups are **free** and **confidential***

**Students must be in the state of Maryland to participate in groups due to licensure laws*

For general group questions, secure message group coordinator

Lauren Mirzakhilili, LCSW-C
through your student health portal.