

Graduate Student Support Group

This group is designed to provide a safe and confidential environment for graduate students to discuss the stress of grad school, to explore their relational concerns and personal difficulties, and to support one another. We hope that the group cultivates deep and meaningful conversations and contributes to group members' emotional wellbeing. This group requires a semester-long commitment to allow group members to develop a sense of safety, trust, and group cohesion.

Time: Spring 2019 on Wednesdays 3:10pm – 4:30pm (1hr 20min)

Location: Counseling Center

Co-facilitators:

Kavita Pallod Sekhsaria, M.Psy. & Soonhee Lee, Ph.D.

Please contact Kavita (kpallod@umbc.edu) or Soonhee (soonhee@umbc.edu) for a sign-up or more information.