**Fall 2023 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/>

**Graduate Student Support Group (Virtual, Fall 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: Tuesdays 3:00 PM-4:15 PM (Starting September 26th)

**Reflecting Retrievers: Undergraduate Student Process Group (In-Person, Fall 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: Mondays 3:00 PM-4:30 PM (Starting September 18th)

**Support Group for International Students (In-Person, Fall 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 September 22nd)

**Support Group for Neurodivergent Students (In-Person, seven weeks)** is a 7-week in-person group incorporating information, skills: tips/tricks/hacks to navigate time-blindness, rejection-sensitive dysphoria, sensory overload, and more. This is a space to explore your unique self from a strengths-based perspective. It’s for anyone wondering if you are neurodivergent or if you have been diagnosed as neurodivergent (ADHD and autism will be the focus). We will learn about common myths and stereotypes, burnout prevention and recovery, and self-advocacy.

 Day and Time: Tuesdays 1:30 PM- 3:00 PM (Starting October 3rd)

**Skills Training in the Application of Interpersonal Regulation (STAIR) (In-Person, six 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) Day & Time: Wednesdays, 3:00 PM-4:30 PM (Starting September 13th)

(2nd round) Day & Time: Wednesdays, 11-12:30 PM (Starting October 11th)

(3rd round) Day & Time: Thursdays, 3:00 PM- 4:30 PM (Starting October 19th)

**Boundaries Skills Group (In-Person, four weeks)** Do you always put yourself and your needs at the bottom of your priority list? Do you feel you can’t say NO, because people might get mad at you? If so, you may be struggling with setting boundaries, a VERY common relational issue in which people of ALL ages can have difficulty. This group will help participants identify and understand boundaries with themselves, family members, and others. Open to all undergraduates and graduate students who want to improve their self-esteem, increase their independence, and learn to communicate more effectively.

Day & Time: Wednesdays, 10:00 AM- 11:30 AM (Starting October 4th)

**Moving Forward with Purpose** **(In-Person, five weeks)** is a five-week-long skills group to help you learn strategies to approach challenging situations flexibly. Often, while facing difficult experiences, we tend to either avoid the actual challenge or get hooked by our experiences. In this group, we will conduct our own mini experiments to address these challenges by exploring values and creating the willingness to face discomfort.

Day and Time: Mondays 1:00 PM- 2:30 PM (Starting October 2nd)