

# Retriever Integrated Health Counseling Groups Spring 2022

Improve Your Well-Being Through Connection with Others

<p><b>Reflecting Retrievers: Graduate Student Support Group</b> (Tuesdays, 3-4:15pm)</p> <p>Gain support for managing the stress of graduate school, and for other challenges in your relationships and personal life</p>	<p><b>Students of Color Process Group</b> (Tuesdays, 1–2:30pm)</p> <p>Discuss stressors and challenges related to navigating social, academic, and work spaces in the face of systemic oppression and racism</p>	<p><b>You've Got This Group</b> <u>Round 1:</u> Wednesdays, 10:30 am-12:00pm, Starting Feb. 9th <u>Round 2:</u> Wednesdays, 2-3:30pm, Starting April 13th</p> <p>Learn to reduce emotional distress, manage upsetting thoughts, and communicate more effectively</p>	<p><b>Reflecting Retrievers: Undergraduate Student Process Group</b> (Mondays, 3-4:15pm)</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</b> (Fridays, 2-3pm)</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>Survivor First</b> (Wednesdays, 1-2pm)</p> <p>A supportive space that empowers survivors of sexual assault through connection and discussion about trauma and recovery.</p>	<p><i>All groups take place over Webex* and are <b>free, confidential, and small-sized</b>.</i></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 through your student health portal or call 410-455-2542 for more information.</p>

For general group questions, secure message group coordinator  
Lauren Mirzakhali, LCSW-C through your student health portal: <https://myretrievercare.umbc.edu/>