# Retriever Integrated Health Counseling Groups Spring 2022

## Improve Your Well-Being Through Connection with Others

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<th>Group</th>
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| **Reflecting Retrievers: Graduate Student Support Group**  
(Tuesdays, 3-4:15pm) | Gain support for managing the stress of graduate school, and for other challenges in your relationships and personal life                                                 |
| **Students of Color Process Group**  
(Tuesdays, 1-2:30pm) | Discuss stressors and challenges related to navigating social, academic, and work spaces in the face of systemic oppression and racism                               |
| **You’ve Got This Group**  
Round 1: Wednesdays, 10:30 am-12:00pm, Starting Feb. 9th  
Round 2: Wednesdays, 2-3:30pm, Starting April 13th | Learn to reduce emotional distress, manage upsetting thoughts, and communicate more effectively                                                                     |
| **Reflecting Retrievers: Undergraduate Student Process Group**  
(Mondays, 3-4:15pm) | Provides help with managing the stress of college life, improving communication with others, and developing meaningful & healthy relationships                       |
| **Trans Support Group**  
(Fridays, 2-3pm) | A supportive space for students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those questioning their gender identity               |
| **Survivor First**  
(Wednesdays, 1-2pm) | A supportive space that empowers survivors of sexual assault through connection and discussion about trauma and recovery.                                         |
| **All groups take place over Webex* and are free, confidential, and small-sized.** |                                                                                                                                                                     |

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

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.

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