

# Spring 2017 Workshops

## RIO group

3-week group, focusing on Recognition, Insight, and Openness skills for mindfulness and resilience.

- Dates: 2/15, 2/22, 3/1
- Time: Wednesdays 10AM – 10:45AM in Commons 332
- Facilitators: Pamela Rakhshan, M.A.,  
Marty Caldwell, B.A.
- Signup: <http://tinyurl.com/RIO-SignUp>

## You've Got This, You're Not Alone!

4-week group, focusing on mindfulness, thought as thought, emotion regulation, and interpersonal effectiveness.

- Dates: (1<sup>st</sup> round) 2/8, 2/15, 2/22, 3/1  
(2<sup>nd</sup> round) 4/12, 4/19, 4/26, 5/3
- Time: Wednesdays 3PM – 4:30PM
- Facilitators: Soonhee Lee, Ph.D., Yun Lu, M.A.
- If interested, contact: [soonhee@umbc.edu](mailto:soonhee@umbc.edu)

## Mindful Mondays

9-week workshop, using mindfulness practices and aiming to practice focused attention, build insight, and respond to challenging experiences

- Dates: 2/27~5/1
- Time: Mondays 4PM – 4:45PM in Commons 318 or 328
- Facilitators: Clinton Lewin, M.A.
- Signup: <http://bit.do/MindfulMondays>

## Hold Me Tight

4-week couples workshop, based on the Hold Me Tight book and discussing four topics that are essential to successful relationships

- Dates: 3/8, 3/15, 3/29, 4/5
- Time: Wednesdays 3PM – 4:30PM
- Facilitators: Soonhee Lee, Ph.D., Kristen Pinto-Coelho, M.S.
- If interested, contact: [soonhee@umbc.edu](mailto:soonhee@umbc.edu)



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