**Fall 2018 Groups**

**Trans Support Group**

Semester-long emotional support group for UMBC students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those questioning gender identity.

**Fridays 2PM-2:50PM**

Facilitators: Amber Hager, Ph.D. ahager@umbc.edu & Ryan Shea, M.S. rshea@umbc.edu

**Graduate Student Support Group**

Semester-long group for grad students to discuss stress of graduate school and relational/personal difficulties in a safe and confidential environment.

**Wednesdays 2:30PM - 3:50PM**

(may change depending on participant availability)

Facilitators: Soonhee Lee, Ph.D. soonhee@umbc.edu & Brett Kirkpatrick, M.S., Ed.S. bk@umbc.edu

**Reflecting Retrievers: Undergrad Student Support Group**

Semester-long group for undergrad students to engage in self-exploration of personal and relationship issues impacted by the stress of college life.

**Wednesdays 1PM - 2:20PM**

Facilitators: Whitney C. Hobson, Psy.D. whobson@umbc.edu & Kavita Pallod Sekhsaria, Psy.M. kpallod@umbc.edu

**You’ve Got This Group**

4-week group, focusing on distress and anxiety skills as well as coping strategies. Topics include mindfulness, thought as thought, emotion regulation, and interpersonal effectiveness.

**First Round:** 10/10, 10/17, 10/24, & 10/31 (Wednesdays, 10:30AM - 12PM)

Contact: Kavita Pallod Sekhsaria kpallod@umbc.edu
Facilitators: Kavita Pallod Sekhsaria, Psy.M. & Scott Peck, M.A.

**Second Round:** starting 11/07 (Wednesdays, time TBD)

Contact: Ryan Shea rshea@umbc.edu
Facilitators: Ryan Shea, M.S. & Lydia HaRim Ahn, M.S.Ed.

UMBC Counseling Center
410-455-2472

*Screenings are required; call the front desk or contact those listed above for more information. Counseling Center is the location for all groups listed.*