

FALL 2025

UHS COUNSELING CENTER GROUPS AND WORKSHOPS

For more information on all groups and workshops, visit UHS Campus Health & Wellness on UMBelInvolved!

Self-Care Chats: Affinity Space for Asian and Asian American Students

In this affinity space, Asian and Asian American students can explore stress management, self-care, various aspects of their identity as well as challenging experiences (e.g., racial trauma).

Mondays | 12pm | AARO Office (McCormack 3rd Floor, Room 703) | Starts 9/15/25

Behavioral Addictions and Substance Use (BASU) Peer Support Group

BASU Peer Support Group is designed to provide a supportive environment for individuals who believe they or someone they know may be struggling with behavioral addiction and/or substance use. Lunch provided!

2nd & 4th Thursdays | 12:30–1:30pm | Campus Center, 1st Floor, Room 1215 | Starts 9/11/25

Neurodivergent Support and Skill-Building Group

This group will provide a neurodiversity-affirming space for students to connect and build community, share experiences, and develop practical strategies for navigating college life. All neurodivergent students are welcome - no formal diagnosis required.

Wednesdays | 12pm | Counseling Center, 2nd Floor Quinn Admin Building | Starts 10/1/25

PeaceLove Expressive Arts Workshop

PeaceLove workshops use simple, creative activities to help get out what you are feeling, even if you have no idea what it is yet. Join us for any of our four offered workshops: Mandala Poetry, Dual Emotions, Transformation Collage, and Story Shoes.

For upcoming workshops, visit the UMBelInvolved 'UHS Campus Health & Wellness' page.

Women's Support Group

Women's Group offers a confidential, affirming space for students to connect with other women on campus, share experiences, and discuss topics from gender and identity to community and beyond.

Wednesdays | 5:30pm | Campus Center, 3rd Floor, Room 3215 | Starts 10/1/25

Men's Circle

Explore men's mental health and reframe masculinity in ways that support both personal well-being and community care. Open to men of all experiences.

Bi-weekly on Thursdays | 4pm | East Residence Hall, 1st Floor, Room 0167 | Starts 10/2/15

Stress & Resilience Skills Group

This four-session skills-based group helps students manage academic, social, and personal stress by building awareness of triggers, practicing mindfulness, reframing thoughts with self-compassion, and creating a personalized resilience toolkit.

Wednesdays from 10/1–10/22 | 4pm | Counseling Center, 2nd Floor, Quinn Admin Building

UHS COUNSELING CENTER

Quinn Administration Building, 2nd Floor (617) 287 5690 |

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