

SPRING 2025

UHS COUNSELING CENTER GROUPS AND WORKSHOPS

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 (e.g., race, ethnicity, gender identity, language, sexuality) as well as challenging experiences (e.g., racial trauma).

Meets Mondays at 12pm, The AARO Office (McCormack 3rd floor, Room 703), starting 2/3/25.

Shades of Resilience

A safe and non-judgmental space for black and brown women to build community and promote self-care through discussion and activities. Topics include stress management, fostering relationships, and identity development.

Meets bi-monthly on Wednesdays in the Counseling Center (Quinn Building, 2nd floor) at 4:30pm. The first meeting is on February 12th. Register by emailing Counseling.Center@umb.edu.

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 may be struggling with behavioral addiction and/or substance use. During our sessions, participants will find a safe space where they can share their concerns and/or experience(s) around addiction.

Meets 2nd and 4th Tuesday of every month, starting on February 11th, from 12:30PM to 1:30PM. Meetings will be held on the 4th Floor, Campus Center Room 4201 and are available through zoom.

Neurodivergent Support and Skill-Building Group

This group aims to be a safe, neurodiversity-affirming space designed for neurodivergent undergraduate students focused on navigating systemic barriers and ableism, building emotion regulation skills, sharing strategies for thriving, and building community. Topics will include handling academic stress, neurodivergent-friendly mindfulness, habit building skills, advocating for accessibility, and fostering self-acceptance. *All neurodivergent undergraduates are welcome to this drop-in space; no formal diagnosis required.

Meets Wednesday at 12:30 pm, for 6 weeks, in Suite 2100, Campus Center, starting on February 26, 2025.

PeaceLove Expressive Arts Workshops

All are welcome, pre-registration encouraged! Email counseling.center@umb.edu to register or if you are interested in these workshops at a different date.

- “Mandala Poetry”, **Thursday 2/6/25, 1pm-1:50pm, Campus Center, 1st floor, room 1313** Learn how to clear your mind and use mandalas to find your center. Afterwards, you'll put your experience into words through poetry.
- “Dual Emotions”, **Friday 3/7/25, 11am-11:50am, Campus Center, 1st floor, room 1313** In this workshop you'll create a piece of art that depicts a time you felt two different emotions at the same time, and how it made you feel.

LGBTQ+ Support Group

Join our LGBTQ+ Support Group! This confidential and affirming space is an opportunity to connect with other LGBTQ+ folks and discuss a variety of topics and issues.

Meeting place/time TBD. Email counseling.center@umb.edu for more information!

UHS COUNSELING CENTER

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