Anxiety Group
*Group Leader: Kara Lustig, PhD*
Mondays at 12 pm ongoing through the semester
This group will provide members the opportunity to give and receive support around issues related to anxiety.

Relationship Group
*Group Leader: Kim Santora, PhD*
Mondays at 2 pm ongoing through the semester
This group offers social support, a space to connect, and the opportunity to explore themes related to relationships.

Men’s Group
*Group Leader: Bill DeFranc, PhD*
Tuesdays at 2 pm ongoing through the semester
This group offers a place to get support with common issues that men in college face.

Black Female Support Group
*Group Leader: Teri Wilson, LICSW*
Tuesdays at 5 pm ongoing through the semester
Sister Circle is a weekly support group designed to provide a safe space for Black female UMB students.

Anxiety Workshops
Tuesday 9/24 at 11:30, Wednesday 10/23 at 12:00, Thursday 11/21 at 11:30, Tuesday 12/17 at 11:30
*Group Leader: Zeljka Mileusnic, PsyD*
This 60 minute workshop will allow participants to discuss the common symptoms of anxiety and identify adaptive ways of coping.

Transgender and Gender Non-Conforming Support Group
*Group Leader: Deb Cohen, LICSW*
Wednesdays at 3 pm ongoing through the semester
This is a weekly group for transgender and gender non-conforming students to come together in a safe and confidential space.

Social and Performance Anxiety Group
*Group Leaders: Bryan Balvaneda, MA & Anna Hall, MA*
Wednesdays at 4-5:30 pm ongoing through the semester
This 10-week group teaches ways to cope with and manage anxiety in social or performance situations.

Latina Support Group
*Group Leader: Ana Fernandez, PhD*
Thursdays at 1 pm ongoing through the semester
This group aims to support students who identify as Latina as they share their experiences and learn from one another.

DBT Skills Group
*Group Leader: Kim Santora, PhD*
Thursdays at 3 pm from 10/10 – 11/7
This is a 5 week skills training group, focused on teaching coping skills for emotion regulation and behavioral control.

International Student Support Group
*Group Leader: Ana Fernandez, PhD*
Fridays at 10 am ongoing through the semester
This group is an opportunity to talk about international student life with others dealing with similar stressors.

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If you are interested and already a client at the counseling center, you may discuss groups with your therapist.

If you are not yet a client at the counseling center, the first step is to request an appointment for group consultation at the front desk, 617-287-5690.

Groups are held at the Counseling Center group space, Quinn 2nd floor.

Groups are generally one hour unless described differently.