Drop-in Self-Compassion Support Group for Anxiety
Members will have the opportunity to give and receive support around issues related to anxiety, with focus on compassion and acceptance as coping skills.
*Wednesdays at 5:30pm; group will start with sufficient Interest; please email the Counseling Center to sign up and learn more.*

Social Anxiety Group
The Social Anxiety group is a 4-week telehealth group that teaches ways to cope with and manage anxiety in social and performance situations. It will meet on 4 Wednesdays from 12-1 p.m. If you are interested request an appointment for group consultation at the front desk, 617-287-5690 or via email counseling.center@umb.edu.

Drop-in Stress Management Support Group
Members will have the opportunity to give and receive support around issues related to struggling to manage stress and learn healthy coping strategies.
*Thursdays at 3:00 starting 2/2, [https://umassbostonhipaa.zoom.us/j/95827802922](https://umassbostonhipaa.zoom.us/j/95827802922)*

Coping Skills Group
This coping skills group is a good fit for students who struggle with intense emotions and difficulty coping. It will incorporate elements of DBT and other self-management and self-soothing strategies. Sessions will respond to the needs of individuals who join, but may include topics of emotions, mindfulness, tolerating pain, regulation, structure, finding hope and motivation, and relationships. Please contact clinician or counseling center for referral information.
*Wednesdays at 4:30pm starting 2/15, Counseling Center (Quinn 2nd Floor) Conference Room*

Sister Circle
A drop in space for Black and African American female students to eat lunch, build friendships, and discuss issues unique to our experiences.
*Tuesdays at 12 starting 2/7, Counseling Center (Quinn 2nd Floor) Conference Room. Snacks to be provided.*

Affinity Space for Asian and Asian American Students
In this affinity space, Asian and Asian American students can explore what their racial and ethnic identities mean to them as well as challenging experiences including hate crimes, racial discrimination, and microaggression.
*Mondays at 2pm at the AARO Office (McCormack 3rd floor, Room 705)*

UHS COUNSELING CENTER
Quinn Administration Building, 2nd Floor
(617) 287 5690 | counseling.center@umb.edu
umb.edu/healthservices/counseling_center