

FALL 2026

UHS COUNSELING CENTER GROUPS AND WORKSHOPS

To RSVP or for more information on all groups and workshops, scan the QR code or visit UHS Campus Health & Wellness on UMBelInvolved!



Connection and Resilience with International Students

This support group is for international students who want a welcoming space to connect with others, share experiences, and build resilience while navigating academic, cultural, and personal transitions.

09/23 at 3pm | 10/14 at 12:30pm | 11/4 at 4pm | 12/2 at 3pm | ISC 5th Floor Room 5310

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 Tuesdays | 4:00–5:00pm | Campus Center, 2nd Floor, Room 2220 | Starts 09/22/26

PeaceLove Expressive Arts Workshops

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 | Story Shoes

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

Relationships Processing Group

This group provides a safe and welcoming space for students to connect, share, and support one another while navigating relationships and the dynamics of student life. In a confidential and affirming environment, participants can give and receive thoughtful feedback and emotional support.

Meets weekly starting in October with date TBD

Sister Circle

A space for Black, female-identified and femme UMB students to be your unapologetic self. Please join Sister Circle as we navigate, affirm, and validate through shared experiences, resources, and community-building.

Meets weekly starting in October with date TBD

Conflict to Connection: Practical Skills for Challenging Conversations

This is a skills-based introductory workshop for students interested in understanding and using conflict resolution tools. Participants will actively engage in activities to explore conflict styles, emotional responses, perspective-taking, and noticing nonverbal communication.

Meets every Wednesday of October | 4:00–5:00pm | Quinn Admin Building, 2nd Floor, Counseling Center

UHS COUNSELING CENTER

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

