

Students interested in participating in a counseling group are encouraged to call the UCC and set up a group orientation session with the group facilitator. Students can also come in during Drop-In hours to discuss group counseling options and learn what group experience might best fit their needs.

Interpersonal Relationships, Self Esteem, & Well-Being

Understanding Self & Others Mondays 3:30pm-4:45pm

Understanding Self & Others - in Spanish Wednesdays 12:15pm-1:30pm

Understanding Self & Others Wednesdays 2:00pm-3:15pm

A space where students can talk about whatever is on their minds. The benefits you may gain include having an opportunity to provide and receive support, insights into how you relate to others, and skills to cultivate more meaningful relationships.

Graduate Student Group Mondays 5:15pm-6:30pm

Graduate Student Group Tuesdays 1:15pm-2:30pm

Get support in managing the intense demands of graduate work as well as general adjustment to the graduate and professional school environment. The group will emphasize the development of coping strategies and support systems as well as provide space to process and address racial and other disparities that may impact performance and a sense of belonging on campus.

Not the Perfect Family Group Fridays 1:00pm-2:30pm

Does your family situation consist of frustration, chaos, and stress? Discuss this and more in a safe environment with other students in similar family situations. Learn how to deal with your family while also managing your personal life and relationships at the same time.

Self Compassion Group Mondays 3:00pm-4:30pm

An opportunity for students to learn skills for building self-compassion and to form kinder relationships with themselves. Students will explore and process essential components of self-compassion, such as mindfulness, self-kindness, and common humanity. Guided meditations, supportive discussion, journaling, and other activities will be utilized to help calm the inner critic, increase self-forgiveness, and foster self-acceptance.

Gratitude Group Fridays 2:00pm-3:30pm

Do you want to learn the secret to happiness? Would you like to lead a more grateful life? Research has shown that the practice of gratitude can improve people's mental and physical health as well as relationships with others. Learn practical strategies to cultivate gratitude in your life.

Navigating Anxiety Symptoms

Ride the Wave: ACT for Anxiety Fridays 3:00pm-4:30pm

Navigate symptoms of anxiety through learning new techniques and skills to manage anxiety and then processing the use of these new skills. Learn and apply a variety of methods for accepting rather than avoiding anxiety, as well as exploring personal values and making choices that lead to a more meaningful life.

Social Anxiety Group Tuesdays 3:30pm-5:00pm

Worry too much about what others think of you? Do you fear being judged by others, making mistakes, or doing something embarrassing in social or performance situations? This group will help you learn to confront your social anxiety head-on.

Emotion Regulation

Emotion Regulation Skills Group

Mondays

5:30pm - 7:00pm

For students who have difficulty regulating their emotions or who can't tolerate distress or discomfort without utilizing unhealthy coping behaviors. This group can help you learn new skills to better manage your emotions and respond in healthier ways to the difficulties in your life. Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness are all skills that will be learned.

DBT Emotion Regulation Skills Training

Fridays

1:00pm - 2:30pm

Learn skills to understand emotions, what they do, and how to identify and change your unhelpful emotional patterns. Skills will focus on managing emotions in a way that allows you to problem-solve, feel in control, and communicate effectively.

Healing from Trauma

Yoga for Healing

Thursdays

5:00-6:30pm

A safe space for survivors of sexual assault that offers a form of expression that moves beyond trying to find the words to articulate how they feel. Students learn to establish safety and stability in the body, build skills and strategies for managing painful experiences, and regain power and control through mindful movement.

Strengthening the Self Group

Tuesdays

3:30pm - 5:00pm

Building skills to process trauma, anxiety, disconnection, and depression, and strengthen a "resourced state of being" using strategies from EMDR in this 6-week group. Identify your own positive experiences that can provide strength in the present when we face a difficult circumstance or relationship, distressing thoughts and feelings, or recurring painful or traumatic memories.

Substance Use

SMART Recovery Support Group

Thursdays

3:30pm - 4:45pm

Learn tools for all stages of recovery through topic-based meetings that encourage discussion, nurture peer support and learning to apply skills to recovery. SMART builds on a 4 point program: Building and Maintaining Motivation, Coping with Urges, Managing Thoughts, Feelings and Behaviors and Living a Balanced Life.

Shared Experience Groups

Friends Like Me LGBTQ+ Group

Thursdays

3:00pm - 4:30pm

A safe place for LGBTQ+ students to discuss feelings and thoughts about their experiences with peers. Topics may include but are not limited to: strengths, resilience, microaggressions, cultural norms, and building community.

Men's Group

Mondays

1:30pm-3:00pm

For students who self-identify as men to discuss themes associated with manhood and masculinity (e.g., shame in expressing emotions, feelings of loneliness, pressure to be strong, managing aggression, etc.). Share and listen to other men's experiences.

Stronger Together: International Graduate Student Group

Tuesdays

4:00pm - 5:30pm

Engage with other international graduate students in this group that will focus on mutual support, self-exploration, self-expression, interpersonal relationships, balancing multiple roles, and coping with adjusting to a new culture. Topics may include: Homesickness, discrimination, cultural tensions, adjustment difficulties, and understanding the university system.

Invisible Illness Group

Fridays (ZOOM)

12:00pm - 1:00pm

For students who have debilitating or chronic pain, constant fatigue, moderate to severe food allergies, intolerances or sensitivities, constant discomfort and/or weakness or a chronic health condition. These issues may be invisible to the outside observer, however, the internal battle faced everyday can be challenging and overwhelming at times. Knowing you're not alone can validate that you are seen in this invisible battle.

Grief Group

Thursdays

3:30pm - 4:45pm

An opportunity for students who have experienced the death of someone important to them to talk about their experiences with grieving during college. Connect and receive support from others who “get it.” Each session will have a general theme, such as exploring the uniqueness of grief, secondary losses, mindfulness, and more. Supportive discussion, poems, exercises and activities will help facilitate reflection and exploration of each member’s unique grief journey.

Navigating Eating and/or Body Image Concerns**Eating Disorder Recovery Group**

Wednesdays

4:30pm - 5:45pm

Join other students who struggle with eating disorder behaviors and experience support for making change in behaviors and thoughts. You are not alone.

Additionally, the UCC is offering several Workshops and Support Spaces. Please return to the UCC homepage and click on the Workshops/Support Spaces section to learn more.