



SPRING 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!

### **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 as well as challenging experiences (e.g., racial trauma).

**Mondays | 12pm | AARO Office (McCormack 3rd Floor, Room 703) | Starts 02/09/26**

### **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 Thursdays | 5:30–6:30pm | Campus Center, 4th Floor, Room 4201 | Starts 02/12/26**

### **PeaceLove Expressive Arts Workshop**

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.**

### **Sister Circle**

Sister Circle is a space for Black, female-identified UMB students. As we navigate our belonging on campus, Sister Circle will invite opportunities to chat about our experiences on various topics as Black women, share resources towards community-building, and build relationships.

**Mondays | 3:00pm | Campus Center, First Floor, Room 1313 | Starts 02/23/26**

### **Connection & 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.

**3:30pm | Counseling Center, 2nd Floor, Quinn Admin Building | For upcoming workshops, visit the UMBelInvolved 'UHS Campus Health & Wellness' page.**

### **Neurodivergent Support and Skill-Building Group**

This group will provide a neurodiversity-affirming space for undergraduate students to connect and build community, share experiences, and develop practical strategies for navigating college life. Discussions will focus on navigating systemic barriers and ableism, building emotion regulation skills, managing academic stress, fostering self-acceptance, and advocating for accessibility.

**Every Thursday in February | 12:00pm | Counseling Center, 2nd Floor, Quinn Admin Building**

## **UHS COUNSELING CENTER**

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