

# UB COUNSELING GROUPS – FALL 2024

In order to participate in a group, students must complete a Needs Assessment with a UBCS counselor. Contact Counseling Services for more information.

Identity-Based Groups	Skill-Based Groups
<p><b>BIPOC Support Group</b> (Wed, 3:30-4:30 pm)</p> <p><b>LGBTQ+ Support Group</b> (Wed, 3-4:30 pm)</p> <p><b>International Student Support Group</b> (Thu, 3-4:30 pm)</p> <p><b>Women’s Empowerment Group</b> (Thu, 1-2:30 pm)</p> <p><b>Talking Tough: Men’s Support Group</b> (Mon, 3-4:30 pm)</p>	<p><b>Coping Skills (DBT)</b> (Wed, 1:30-3 pm)</p> <p><b>Flourish Group – Eating/Body Image Concerns</b> (Tue, 1:30-2:30 pm)</p> <p><b>*Anxiety Toolbox-Emotional Wellness</b> (Thu, 1:30-2:30 pm)</p> <p><b>ADHD/Focus Skills Group</b> (Thu, 3-4 pm)</p>
Understanding Self and Others Groups	Mindfulness-Based Groups
<p><b>Connections</b> (Wed, 2-3:30 pm)</p> <p><b>Perfectly Imperfect: Art Journaling Group</b> (Thu, 2:30-4 pm)</p>	<p><b>Mindful Self-Compassion</b> (Tue, 2:30-4 pm)</p> <p><b>*Yoga to Manage Moods</b> (Tue, 12:00-1pm)</p>

\* 5-week group, offered twice during the semester\*\*\*

## Identity-Based Groups

### **BIPOC Support Group**

*Intercultural and Diversity Center (IDC), 240 Student Union, North Campus  
Wednesdays 3:30-4:30 pm, Drop-in Group,*

This drop-in group is committed to providing an affirming space for BIPOC students to reflect on their experiences at a Predominately White Institution. In this group, we recognize the unique experiences of BIPOC students and aim to foster a community for students to give voice to their experiences, gain support, and develop healthy coping strategies. Topics explored in this group include but are not limited to: navigating microaggressions, feelings of isolation, imposter syndrome, being first generation American, family/social relationships, and maintaining healthy self-care in the current socio-political climate.

### **LGBTQ+ Support Group**

*Wednesdays 3:00-4:30 pm, In-Person, Michael Hall (South Campus)*

The LGBTQ+ Support Group is a safe space for students of all LGBTQ+ identities to build a sense of community. The group serves as a place to discuss and explore topics related to these identities, which may include coming out / not coming out, relationships with family and friends, dating and intimate relationships, transitioning, and other life experiences related to being an LGBTQ+ person. Topics may also include non-identity related life stressors that students want to discuss.

### **International Student Support Group**

*Thursday 3:00-4:30 pm, In-Person, 306 Student Union (North Campus)*

This group provides a safe, supportive, and comfortable place for international students to discuss adjustment stressors and cross-cultural experiences in the U.S. The group also creates a safe and confidential environment for group members to share information and support each other.

### **Women's Empowerment Group**

*Thursdays 1:00-2:30 pm, In-Person, Michael Hall (South Campus)*

This group is an interpersonal process group for graduate and undergraduate students who identify as female. Group members will work together to identify topics of discussion each week, which may include imposter syndrome, anxiety and depression, intersectional identities, sexual violence, family dynamics, work environments, assertiveness, boundaries, and relationships.

### **Talking Tough: Men's Support Group**

*Mondays 3:00-4:30 pm, Online*

The group is an interpersonal process group for graduate and undergraduate students who identify as male. Group members will work together to identify topics of discussion each week, which may include depression, anxiety, intersectional identities, perfectionism, substance use, dealing with mental health stigma, and relationships.

## **Understanding Self and Others Groups**

### **Connections**

*Wednesdays 2:00-3:30 pm, In-Person, 120 Richmond Quad (North Campus)*

This group provides a warm and supportive environment where members can experiment constructively in a confidential environment with new ways of relating to others, share personal experiences, express fears and concerns, and get support and feedback. People participate in this group for a number of reasons including having difficulties in relationships, finding their relationships are not satisfying, being curious about how others perceive them, and seeking support when experimenting with new relational behaviors.

### **Perfectly Imperfect: Art Journaling Group**

*Thursdays 2:30-4:00 pm, In-Person, 120 Richmond Quad (North Campus)*

Do you feel like what you accomplish is never quite good enough? Do you worry about making

mistakes or failing at something? Perfectly Imperfect offers a reflective and playful time for self-connection and uses expressive art activities to learn ways to let go of perfectionism, develop self-compassion, and embrace who you are. Art journaling relies on the use of art supplies and creative techniques without the necessary pressure of a perfect result. The group offers an alternative means of self-expression and connecting with others. No previous experience with art is needed and all supplies will be provided.

## **Skill-Based Groups**

### **Coping Skills (DBT)**

*Wednesdays 1:30-3:00 pm, Online*

This group helps students learn how to better handle their emotions and improve their relationships. It focuses on teaching you how to stay calm under pressure, be aware of the present moment, and regulate your emotions. Learn to cope with stress without losing control and engaging in unhealthy and impulsive behaviors, and to show more self-compassion and acquire effective skills to be better prepared for life's challenges.

### **Flourish Group (Eating and Body Image Concerns)**

*Tuesdays 1:30-2:30 pm, Online*

A structured group for women who want to explore their relationship with body image, food, and emotions. This group is for individuals who are in various stages of preoccupation with food and body image concerns. Skills will be taught to live more intentionally and mindfully in the present, deal with stress, manage difficult emotions, and handle interpersonal conflict. Participants will also learn to connect with and live in their bodies more effectively.

### **Anxiety Toolbox for Emotional Wellness \*\*\* 5-week group, offered twice during the semester\*\*\***

*Thursdays 1:30-2:30 pm., Online*

This structured group will provide students with education and coping strategies to help with anxiety and stress. This group will also focus on emotional regulation, self-care, and mindfulness that are key in effectively managing anxiety.

### **ADHD/Focus Skills Group**

*Thursdays, 3:00-4:00 pm., In-Person, Michael Hall (South Campus)*

This group is for student who experiences symptoms of and /or have been diagnosed with ADHD. The 5-session structured group aims to help students enhance their ability to manage their attention and difficulties by teaching behavioral strategies and skills to improve their organization and reduce distractibility and procrastination, and by incorporating attention training (e.g., mindfulness) and other skills.

## Mindfulness-Based Groups

### **Mindful Self-Compassion - A Tool for Coping & Resilience**

*Tuesdays 2:30-4:00 p.m., In-Person, Michael Hall (South Campus)*

Self-compassion involves being warm and understanding toward ourselves when we suffer, fail, or feel inadequate. Self-compassion is the opposite of ignoring our pain or punishing ourselves with self-judgment. Research suggest that the skills of mindfulness and self-compassion can help people regulate emotions, engage in healthy self-care, and respond to adversity in resilient ways. This group will help students learn the skills of mindfulness and self-compassion in order to cope with stress, anxiety, depression, and life challenges in healthy and balanced ways.

### **Yoga to Manage Moods \*\*\* 5-week group, offered twice during the semester\*\*\***

*Tuesdays 12:00-1:00 pm, Online*

A co-ed Hatha Yoga group that provides a holistic approach to mood and symptom management. Using a combination of gentle physical poses, breathing and relaxation techniques, this group allows participants to feel more connected and balanced within the body and mind. A trauma sensitive, person-centered approach will be utilized, and no previous yoga experience is necessary.

[For more information, Contact Counseling Services](#)