

SPRING 2024 UHS COUNSELING CENTER GROUPS

If you have any questions about any of the groups listed, feel free to call (617) 287-5690 or email counseling.center@umb.edu.

Rising Tides

A monthly, supportive space for students with graduation on their mind. Topics will be participant guided, but may include stress management, financial worries, family expectations, tips for life after school. Bring lunch, build community, and find ways to navigate together.

Meets 1st Friday of the month at Counseling Center at 12p, first meeting 2/2/24

Affinity Space for Asian and Asian American Students

In this affinity space, Asian and Asian American students can explore stress management, self-care, and their racial and ethnic identities.

Meets Mondays at 12pm, The AARO Office (McCormack 3rd floor, Room 703), from 1/22/24 to 5/6/24

STEM Support Group

A safe and facilitated space to explore day-to-day achievements and challenges with UMB STEM programs with a focus on historically excluded groups. This group aims to reduce isolation, validate emotional experiences, generate strategies for coping, and build community through shared experiences.

Meets Wednesdays at 2p at the Counseling Center, first meeting 2/28/2023

Drop-in Support Group for International Students

International students at UMass Boston will have this space to come together and talk about and receive support with their challenges like, but not limited to adjustment, acclimatization, lack of support and isolation- aspects that are unique to their narratives.

Meets Fridays at 1pm at the Counseling Center, first meeting February 9th); group will start with sufficient interest. Please email the counseling center to learn more.

UHS COUNSELING CENTER

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

