

UCC Fall 2026 - GROUP LIST

Updated - Aug, 2026

Group Names	Dates	Time	Note
Strengthening Connections with Self & Others#1	Tuesday	3:00 pm-4:30 pm	
Strengthening Connections with Self & Others#2	Wednesday	5:15 pm-6:30 pm	
Strengthening Connections with Self & Others#3	Friday	3:30 pm-5:00 pm	
Graduate Student Group#1	Monday	5:15 pm-6:30 pm	
Graduate Student Group#2	Thursday	12:30 pm- 2:00 pm	
Ride the Wave: ACT for Anxiety	Friday	3:00 pm-4:30 pm	
Yoga Therapy & Wellness	Wednesday	5:00 pm-6:30 pm	8-session series
Grief Support-Healing through Art	Friday	3:30 pm-4:30 pm	
Black Women Matter(s)	Thursday	3:30 pm-5:00 pm	
LGBTQIA+ Group	Thursdays	3:00 pm- 4:30 pm	
Invisible Illness Group (ZOOM)	Friday	12:00 pm-1:00 pm	
Anxiety Toolbox Workshop #1	Tuesday	3:30 pm - 4:30 pm	starting dates: 9/8, 9/29, 10/27, 11/17
Anxiety Toolbox Workshop #2	Wednesday	3:30 pm - 4:30 pm	starting dates: 9/16, 10/7, 11/4
Stronger Together: Support space for International Students, Friends, and Allies	Tuesday	5:00 pm - 6:30 pm	Bi-weekly On 2/3, 2/17, 3/3, 3/24, 4/7, 4/24.

GROUPS

Stop by UCC drop-in hours, talk to a drop-in counselor to join
Group meets at UCC spaces weekly, unless otherwise

GROUP: Black Women Matter(s)
TIME: Thursdays 3:30-5:00pm

This group centers the lived experiences of Black women college students, celebrating the fullness of their identities, histories, and voices. Through open and honest conversations, we explore themes such as pain and joy; healing and resistance; self-worth and acceptance; shame and stigma; anger; discrimination; and belonging.

Rooted in cultural affirmation, this space is designed to foster empowerment, connection, and community. While the groups grounded in the experiences of Black women, individuals who hold deep respect, solidarity, and a willingness to listen, earn, and support are welcome to engage in ways that uplift the purpose of the space.

GROUP: Graduate Student Group
TIME #1: Mondays 5:15 - 6:30 pm
TIME #2: Thursdays 12:30 - 2:00 pm

This group is designed to support graduate students in managing the intense demands of graduate work as well as general adjustment to the graduate and professional school environment.

GROUP: Invisible Illness Support Group ‘but You Don’t Look Sick?’
TIME: Fridays 12:00pm-1:00pm
PLACE: Zoom

A virtual group where students can share their stories such as their chronic physical illness with one another and receive support from students with similar concerns, discuss hardships/challenges, and share what has been helpful for them in the management of their chronic physical illness.

GROUP: LGBTQIA+ Group
TIME: Thursdays 3:00-4:30

A therapeutic space for LGBTQIA+ students to share their feelings and thoughts around their experiences, as well as receive communal and affirming support from peers. Potential themes include general stressors/concerns, queer joy, coming out, internalized homophobia/transphobia, religious tension, family conflict, building pride, and community healing.

GROUP: Ride The Wave: Act For Anxiety Group
TIME: Fridays 3:00-4:30 PM

An experiential group focusing on learning a variety of methods for accepting rather than avoiding anxiety, as well as learning to discern their unique values and make choices that lead to a more meaningful life, based on ACT (Acceptance and Commitment Therapy).

GROUP: Strengthening Connections With Self & Others
TIME #1: Tuesdays 3:00-4:30 PM
TIME #2: Wednesdays 5:15-6:30 PM
TIME #3: Fridays 3:30-5:00 PM

A weekly, semester-long counseling group where you'll explore how you cope with stress, tolerate difficult emotions, and experience a sense of value in relationships. The benefits you may gain as a part of this group include having an opportunity to provide and receive care as well as gain a better understanding of how you relate to others. The support and feedback given by fellow group members can be an invaluable way of cultivating deeper, more meaningful relationships outside of the group and to decrease feelings of anxiety, depression, and loneliness.

GROUP: Yoga Therapy And Wellness - Trauma Informed Group
TIME: Wednesday, 5:00-6:30 pm (8 sessions)
LOCATION: LaFortune

This trauma-informed Yoga Therapy and wellness group offers a safe, supportive, and empowering environment designed to help survivors reconnect with themselves at a gentle, sustainable pace. Through mindful movement, breathwork, and grounding practices, participants learn to regulate emotions, slow down from chaos, and express their feelings in healthier, more compassionate ways.

The space emphasizes meditation, mindfulness, and body awareness, allowing students to cultivate stability, safety, and inner balance. In this nurturing setting, each person is encouraged to rebuild trust in their body, foster resilience, and move toward healing, optimal health, and genuine happiness.

GROUP: Grief Support through Art and Painting
TIME: Fridays 3:30-4:30pm

This grief support space offers a gentle, creative emotional environment where individuals can explore and express the complex emotions that accompany loss. Through Art therapy and intuitive painting, the students are encouraged to give shape to feelings that may be difficult to put into words, allowing colors, textures, and imagery to speak on their behalf. In this supportive setting, the act of creating becomes a pathway to healing: A place to process sorrow, honor memories, and rediscover moments of calm and connection. No artistic experience is needed, only a willingness to show up, breathe, and let the art guide your personal journey toward understanding and emotional resilience.

WORKSHOP: Anxiety Toolbox Workshop
TIME #1: Tuesdays 3:30 - 4:30 pm (starting dates: 9/8, 9/29, 10/27, 11/17)
TIME #1: Wednesdays 3:30 - 4:30 pm (starting dates: 9/16, 10/7, 11/4)

Anxiety Toolbox is a 3-part structured psychoeducational workshop designed to inform students on the cognitive, behavioral, and physiological impacts of anxiety. The sessions include modules dedicated to: (1) understanding anxiety, (2) introducing a method for slowing down and disentangling the experience of anxiety, and (3) developing alternative responses to anxiety. By the end of the workshop, students will have their own individualized plan for managing anxiety.

Students will be expected to complete homework (e.g., Cross Sectional Formulations, practicing deep breathing) in between sessions.

Stronger Together: A Support Space For International Students, Friends, And Allies.

TIME: Every other Tuesdays 5:00 PM- 6:30 PM (On 02/03, 02/17, 03/03, 03/24, 04/07, 04/24)

LOCATION: LaFortune, McNeill Room 116.

You are warmly invited to join our support space for international students, friends and allies. We will be meeting every other Tuesday at 5:00pm. This group provides a safe and supportive environment where you can connect with students from around the world., share experiences, navigate challenges or adjusting to a new culture, and build meaningful friendships. Together, we will explore topics related to wellness, stress management, personal growth, and resilience while learning about campus resources and developing a strong sense of belonging. Whether you are new to campus or have been here for years, you are welcome to join us as we learn, grow, and support one another in a community that values every culture, every story and every student.