Counseling & Consultation Affinity Groups

Buckeye Brothers – Undergraduate
Thursdays, 4:30 - 6 p.m.

Buckeye Brothers is a place for men to come together and discuss their problems in a casual and genuine way. The purpose of the group is to help members develop tools to better manage their mental health and relationships with others. We do this through creating a relaxed and supportive environment for members to give and receive feedback from one another and reflect on how their identities as men influence how they approach the challenges.

Coping With COVID
Tuesdays, 2 - 3 p.m.

The Coping with COVID support group is a rolling admittance group for undergraduate and graduate students who have tested positive for COVID-19. This will be a facilitated support group for students coping with the medical and emotional effects of testing positive for COVID-19, the experience of managing the symptoms of the virus, effects of being quarantined and life following recovery.

iExplore
Mondays, 6 - 7:30 p.m.

Description: This group is for international students who are interested in the exploration or questioning of personal issues related to LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, intersex, asexual or any other gender or sexual orientation identities). This group offers a safe and supportive space to talk about topics that may be affecting their lives including self-identities, family/community/cultural issues, building social support in the U.S. or home countries, coming out, intimate relationships, homophobia/biphobia and sexism, immigration status, etc.
**Latinx – HEART Graduate**  
**Thursdays, 4 - 5:30 p.m.**

This is a group for graduate students and open to all LatinX-identified students, regardless of identities, nationality or racial/ethnic background and/or immigration status. The group provides a safe and supportive atmosphere in which participants can engage in inviting and authentic discussion around students' experiences as Latinx students on campus. Any and all topics that are relevant to students' experiences can be discussed, such as sociopolitical issues, immigration status or conditions, intersecting identities, academics and more.

**Queer Grad Group**  
**Wednesdays, 4:30 - 6 p.m.**

This group will focus on the social and emotional needs of graduate students of any gender expression, identity, or cultural background who identify as queer and/or LGBTQ+. This is a co-created space where members are invited to come as who they are while focusing on issues of personal relevance. Consequently, topics in this group will be member generated and likely to capture interpersonal effectiveness, identity development and integration, resilience and cognitive dissonance. Within this process, cis and heteronormative narratives will be deconstructed while stories are told and re-written for the purpose of individual and collective enrichment.

**SAFE Graduate Group - AA/Black/African Descent**  
**Tuesdays, 6:00 - 7:30 p.m.**

SAFE Graduate Group is a strengths-based, co-ed, support group for graduate students who identify as Black/African American (descent), to process experiences along the journey to earning the graduate degree. **Please note:** bi-racial and multi-racial students who identify with their Black/African American (descent, heritage), are strongly encouraged and invited. This group is designed as a SAFE space to further develop a Growth Mindset toward ongoing Success, Advocacy for self and others, Freedom and liberation, while implementing Excellence as a habit. Self-efficacy, Resilience, and Grit are key psychosocial factors that will be discussed in-depth, to help students remain successful despite obstacles endured in graduate school, as well as in their respective lives. The SAFE Graduate Group will also provide a non-judgmental/empathic therapeutic atmosphere for students to speak freely about empowerment to develop positive mental health, now and into their futures.
Sisters in Solidarity – Undergraduate  
Thursdays, 2 - 3:30 p.m.

Sisters in Solidarity (SIS) is a process/support group for women who identify as African American or Black to discuss shared experiences. Common themes include, but are not limited to, the following: challenges faced due to race and ethnicity, discrimination and bias, gender, empowerment, identity development, interpersonal relationships, stress management and mental health practices, academic adjustment and achievement, trauma and resilience and self-advocacy. This space is often viewed as a “reservoir,” a safe, supportive, environment designed to unify Black women to overcome challenges faced along the journey to academic excellence.

Sisters in Solidarity – Graduate  
Wednesdays, 2 - 3:30 p.m.

Sisters in Solidarity (SIS) is a process/support group for women who identify as African American or Black to discuss shared experiences. Common themes include, but are not limited to, the following: challenges faced due to race and ethnicity, discrimination and bias, gender, empowerment, identity development, interpersonal relationships, stress management and mental health practices, academic adjustment and achievement, trauma and resilience, and self-advocacy. This space is often viewed as a “reservoir,” a safe, supportive, environment designed to unify Black women to overcome challenges faced along the journey to academic excellence.

True Selves  
Tuesdays, 3:30 - 5:00 p.m.

This group is for undergraduate and graduate students who are exploring their gender identity or who identify as transgender or gender diverse. Common themes include, but are not limited to interpersonal effectiveness, identity development and integration, resilience and cognitive dissonance. Together, group members navigate common family, cultural, and community issues. In this safe and supportive environment, group members develop a sense of solidarity.
**Women's Group**  
*Tuesdays, 1:00 - 2:00 p.m.*

Women’s Group is a weekly space for female-identified students to explore shared experiences, connect with others, and both give and receive support. Members are encouraged to share feedback and practice new ways of connecting with others. The group will discuss themes including assertiveness, self-esteem, vulnerability, gender-based violence, relationships, anxiety, depression and other concerns that impact our overall wellbeing.

**You Good Man? – Undergraduate**  
*Thursdays, 2:30 - 4 p.m.*

*You Good Man?,* named after a popular 2016 Twitter hashtag centering the mental health of Black men, is a support/process group for Black people (inclusive of the African diaspora) who are male identified to discuss topics and issues of masculinity and how assumptions and expectations impact Black lived experiences. Topics will include, but are not limited to racism/discrimination/bias, assumptions of Black male anger and aggression by society, generational trauma, survivor’s guilt, toxic masculinity, intimacy and healthy attachment, self-advocacy and more.