Counseling & Consultation Affinity Groups

LGBTQ-specific groups are listed first, followed by other affinity groups. Affinity Group availability and timing may vary by semester. Visit Counseling and Consultation Services for a list of currently offered groups.

Queer Undergraduate Group

**Wednesdays, 3 - 4 p.m.**

This group focuses on supporting positive mental health and social connectedness among undergraduate students who identify as queer. We understand the term "queer" to be inclusive of any sexual minority (i.e., not heterosexual) and/or gender minority (i.e., not cisgender) student. Members are invited to check in weekly about their progress toward wellness goals, generate topics for group discussion, and support one another as we learn together about each member’s unique experiences as a queer Buckeye. Topics are likely to include (but not limited to) discussion of cultural identities and social experiences, intersectionality, wellness, and gender identity and expression. For more information, schedule a [Phone Screening](#) or reach out to [Jerie Bolin](#) or [Aaron Free](#).

True Selves

**Mondays, 3 – 4:30 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. For more information, schedule a [Phone Screening](#) or reach out to [Meera Menon](#) or [Cheryl Li](#).
Queer Grad Group

Mondays, 3 – 4:30 p.m. & Tuesdays, 3:15 – 4:45 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. For more information, schedule a Phone Screening or reach out to Mark Sampson or Sarah Dillon for Queer Grad Group I or reach out to Aaron Free or Brianna Ector for Queer Grad Group II.

Buckeye Brothers (Undergraduate)

Mondays, 2 – 3:30 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. For more information, schedule a Phone Screening or reach out to Brian Fitts or Jacob Friedman.
Do I Even Belong Here?

Tuesdays, 2:30 - 4:00 p.m.

This is a process group for college students who are often considered “non-traditional.” Examples of such students include undergraduate students over the age of 23, students who are in their fifth year or higher of undergrad, or graduate students who feel out of place due to their age or the length of time they have been in their program. If you have any questions regarding eligibility, contact Allison Elber-White or Jaclyn Gray.

Graduate International Student Group

Thursdays, 3 - 4:30 p.m.

This group provides a space for international graduate students to form community and build support as students navigate their unique experiences on campus. Any and all topics related to being an international student and a graduate student are welcome to be discussed including cultural adaption, transitioning on campus as a graduate student, academics and visa implications, and navigating the career market post-graduation. For more information, schedule a Phone Screening or reach out to I-Shan Yang or Cheryl Li.

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. For more information, schedule a Phone Screening or reach out to Marcy Lusk.
Sisters in Solidarity

Tuesdays, 4 - 5 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. For more information, schedule a Phone Screening or reach out to Audia Fraley or Tiphani Moss.

Understanding Self and Others BIPOC

Fridays, 2 - 3:30 p.m.

This is an undergraduate student group specifically for Black, Indigenous, and People of Color who seek a safe space to explore their own identities and shared experiences as it relates to their own culturally diverse backgrounds as well as gain a better understanding of how to relate to others in new and healthy ways. For more information, schedule a Phone Screening or reach out to Amber Jackson.
Women's Group

Tuesdays, 3 – 4:30 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 overall wellbeing. For more information, schedule a Phone Screening or reach out to Jessica Banes or Brianna Ector.

You Good Man? – Undergraduate

Thursdays, 3:30 - 5 p.m.

You Good Man? centers the mental health of Black men and 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. For more information, schedule a Phone Screening or reach out to Peter Oduwole or Re'Sean Johnson.