

UNIVERSITY COUNSELING CENTER

## **DROP-IN GROUPS**

OCTOBER 2021

The UCC will offer drop-in groups for all UofR students during the month of September focusing on the following themes:

### **EMOTIONAL WELLNESS**

**MONDAYS AT 5 ON 10/11, 18, AND 25**

ZOOM ID: 946 5888 1031

### **INTERNATIONAL STUDENT SUPPORT**

**THURSDAYS AT 2PM ON 10/14 AND 28**

ZOOM ID: 912 9403 3796

### **TEST ANXIETY/ PANIC MANAGEMENT**

**THURSDAYS AT 2PM ON 10/7, 14, AND 21**

ZOOM ID: 997 0631 5524

### **OUR HEALING BREATH**

**\*FOR STUDENTS OF COLOR, LED BY CLINICIANS OF COLOR.**

**THURSDAYS @ 6PM ON 10/4, 14, 21, 28**

ZOOM ID: 918 4800 2486

### **RESOLVING CONFLICT**

**FRIDAYS @ 2PM ON 10/8, 22 AND 29**

ZOOM ID: 937 5306 3392

**\*\*Drop-in groups are for all UofR Graduate and Undergraduate students\*\***