



WORKSHOPS AND SUPPORT GROUPS FALL 2020

University Counseling Services is hosting virtual drop-in workshops and support groups open to all BC students this semester. Join just once or every week. **Click on the name of the workshop or group for the zoom link.**

9AM - PLAYERS ONLY

MON

A drop-in support group for students-athletes.

2PM - ANXIETY TOOLBOX

TUE

A workshop to learn skills to better manage anxiety and emotional experiences in the midst of uncertainty and loss

8AM - FAR FROM SCHOOL

WED

A drop-in support group for graduate international students living at home. RSVP to bcis@bc.edu

12PM - FAR FROM HOME

A drop-in support group for graduate international students living in Boston. RSVP to bcis@bc.edu

3PM - ALONE TOGETHER

A drop-in support group to discuss feelings & reactions to shared struggles including navigating uncertainty, social disconnection and isolation. Open to all BC students.

2PM - WE HEAR YOU

THU

A support group for our Black, Indigenous and Students of Color

3PM - PRIDE > PANDEMIC

A drop-in support group for our LGBTQ+ students

1PM - ALONE TOGETHER IN ISOLATION/QUARANTINE

FRI

A drop-in support group for students in isolation or quarantine.