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**
  A drop-in support group for students-athletes.

- **2PM - ANXIETY TOOLBOX**
  A workshop to learn skills to better manage anxiety and emotional experiences in the midst of uncertainty and loss.

- **8AM - FAR FROM SCHOOL**
  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**
  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**
  A drop-in support group for students in isolation or quarantine.