



RETRIEVER INTEGRATED HEALTH

Spring 2026 Group Descriptions

The first step to joining any group is to complete an Initial Consultation appointment. Please call us at 410-455-2542 or visit your RetrieverCare portal to schedule. Due to licensure laws, online groups require students to be in the state of Maryland during group participation.

For general group questions, please send a secure message to our front desk via the [RetrieverCare portal](#).

Group start dates depend on enough students enrolling in the group and sometimes are pushed back. If you see a group that you are interested in joining but missed the start date, please still reach out to check in!

STAIR: Climbing Toward Calm and Connection (In-Person, six weeks)

The STAIR group helps persons who struggle with relationship dynamics and emotion regulation. High-stress experiences overwhelm the emotional system, creating both emotional chaos and numbing, undermining our ability to think and act effectively, and disturbing our sense of self and relationships. The skills training and practice introduced in this program are designed to help you leave behind old patterns and develop new interpersonal behaviors and emotion management skills that are more consistent with your current life goals.

1st round

- Day and Time: Tuesdays, 1:30 – 3 p.m. (starting February 17, 2026)
- Group Leaders: Stephanie Will, LCPC (she/her) & Noemi Giron, LCSW-C (she/her)

2nd round

- Day and Time: Fridays, 10:30 a.m. – 12 p.m. (starting March 27, 2026)
- Group Leaders: Katie Bowen, LCSW-C (she/her) & Aminah Wells, LCSW-C (she/her)

Healing from Family Challenges (In-Person, Six Weeks)

Healing from Family Challenges is a six-week group that provides psychoeducation and skills that help address the effects of adverse childhood experiences. It helps the members to recognize how these past challenging experiences might be impacting their current functioning and helps individuals identify healthy ways of coping with their experiences. Students transition from surviving past experiences to thriving in the present. The group creates a safe and supportive environment to develop an alternate way of looking at the past and develop a sense of meaning and purpose that help them thrive today.

- Day and Time: Thursdays, 2:30 – 4 p.m. (starting March 5, 2026)
- Group Leaders: Jay Coughlin, Psy.D. (he/him) & Shruti Shastri, Psy.D. (she/her)



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Graduate Student Support Group (Virtual, Spring Semester)

Pursuing a graduate degree or Ph.D. is an incredible milestone in a person's academic career. Yet, maintaining wellness within graduate programs can often be challenging. The Graduate Student Support Group is a space for students to connect, share, and grow alongside others. This group will serve as a space to celebrate your strengths, resilience, and creativity while exploring strategies to thrive both academically and personally. Together, we'll focus on finding a balance between school and personal life, navigating relationships with advisors and peers, and managing stress and academic pressure, all while staying grounded in your values and career goals. This is ultimately a space to support one another, feel empowered, and find strength in community.

- Day and Time: Tuesdays 3 – 4:30 p.m. (starting February 17, 2026)
- Group Leaders: Patrice Marshall, LCSW-C (she/her) & Rabia Brown (she/her)

Paws to Connect (formerly Interpersonal Support Group) (In-Person, Spring Semester)

Ever feel like social interactions don't come with a manual? Whether you struggle to start a conversation or find it hard to step away from toxic relationships, you aren't alone. Our group helps you practice the art of relating to others in a low-pressure environment. Through the shared experiences of your peers, you'll gain the tools to understand social cues and build your social pack here at UMBC.

- Day and Time: Wednesdays 3 – 4:30 p.m. (starting February 25, 2026)
- Group Leaders: Jay Coughlin, Psy.D. (he/him) & Kristen Custer, MS, RPA, LCPC (she/her)