



RETRIEVER INTEGRATED HEALTH

Spring 2026 Workshop Descriptions

Workshops teach specific concepts and skills that students can either use on their own or bring into individual or group counseling sessions at Retriever Integrated Health (RIH) to deepen their work. Workshops are open to all members of the UMBC community and require no clinical intake with RIH. As non-clinical informational sessions, workshops do not require personal sharing, though active engagement is always encouraged.

Rooms for in-person workshops are listed below and links for virtual sessions can be found on the event listings on the [RIH myUMBC page](#).

Question, Persuade, Refer: Suicide Prevention Training

Suicidal thoughts are more common than people realize, with suicide being the 10th leading cause of death in the United States. Retriever Integrated Health is offering a 1-hour training option for supporting people who experience suicidal thoughts.

The Question, Persuade, Refer (QPR) Suicide Prevention Training is an evidence-based program that will help you learn the signs that someone might be thinking about suicide, how to talk to them about their mental health, and how to refer them to a mental health professional to get help and support. With these skills, YOU have the power to help save a life.

Departments and student groups can request QPR training for their group by using the [RIH Outreach Request Form](#).

Sit, Stay, Focus: Skills for Executive Functioning

Executive functions are things we do daily that help us get things done, like making lists, managing a schedule, and setting reminders. Attendees of this virtual 3-workshop series will work on developing skills to overcome barriers to success, including time management, task prioritization/implementation, motivation and self-accountability.

- Fridays, February 27, March 6 and 13 from 11:30 a.m. – 12:30 p.m.
- To join, use the [Sit, Stay, Focus Webex link](#)

Anxiety Toolbox: Finding Your Calm Spot

Anxiety Toolbox is a series of 3 workshops designed to help people learn about anxiety and some basic skills to help identify and manage anxious thoughts and behaviors. You can also download and review the [Anxiety Toolbox Student Workbook](#) in Box that we'll use in the workshop.

- Mondays, March 23 and 30, and April 6 from 1:30 – 2:30 p.m. (In-Person) Commons 318