

Looking to establish or maintain connections with others?

Do you struggle with disengaging from people you consider toxic?

Build your confidence in connecting with your peers with the RIH

Interpersonal Support Group



Thursdays beginning
February 27 from
1 - 2:30 p.m.

All RIH services are LGBTQIA2S+ friendly and are welcoming to all diverse populations.

Learn more on
myUMBC!



RETRIEVER
INTEGRATED
HEALTH

To learn more and join call (410)-455-2542 or visit your retriever care portal to schedule your Initial Consultation appointment.