Spring 2017 Workshops

RIO group
3-week group, focusing on Recognition, Insight, and Openness skills for mindfulness and resilience.
- Dates: 2/15, 2/22, 3/1
- Time: Wednesdays 10AM – 10:45AM in Commons 332
- Facilitators: Pamela Rakhshan, M.A., Marty Caldwell, B.A.
- Signup: http://tinyurl.com/RIO-SignUp

Mindful Mondays
9-week workshop, using mindfulness practices and aiming to practice focused attention, build insight, and respond to challenging experiences
- Dates: 2/27~5/1
- Time: Mondays 4PM – 4:45PM in Commons 318 or 328
- Facilitators: Clinton Lewin, M.A.
- Signup: http://bit.do/MindfulMondays

You’ve Got This, You’re Not Alone!
4-week group, focusing on mindfulness, thought as thought, emotion regulation, and interpersonal effectiveness.
- Dates: (1st round) 2/8, 2/15, 2/22, 3/1
  (2nd round) 4/12, 4/19, 4/26, 5/3
- Time: Wednesdays 3PM – 4:30PM
- Facilitators: Soonhee Lee, Ph.D., Yun Lu, M.A.
- If interested, contact: soonhee@umbc.edu

Hold Me Tight
4-week couples workshop, based on the Hold Me Tight book and discussing four topics that are essential to successful relationships
- Time: Wednesdays 3PM – 4:30PM
- Facilitators: Soonhee Lee, Ph.D., Kristen Pinto-Coelho, M.S.
- If interested, contact: soonhee@umbc.edu

UMBC Counseling Center
410-455-2472