Understanding Self and Others (USO)
This group is appropriate for students who would like to improve their interpersonal relationships, communication skills, and increase their self-awareness. The group also offers support for individuals struggling with relationships, loneliness, grief, low self-esteem, trust, anxiety or depression.

Sexual Assault Survivor Support (SAS) Group
A safe environment for women survivors of sexual assault to receive support wherever they are in their process of healing.

Graduate/Non-Traditional Student Group
This group is appropriate for graduate students and non-traditional students from any program who wish to manage the stress of graduate/nontraditional study. The group also offers support for individual struggles with relationships, loneliness, trust, self-esteem, anxiety or depression.

Spectrum Group
A support group for transgender individuals or those questioning their gender identity. Members can find connections with others and help dealing with the practical issues associated with transitioning.

Anxiety Management 101 Group
This group helps students develop effective skills for identifying patterns and triggers of anxiety, and to learn how to reduce negative thinking and behaviors that contribute to anxiety.
The benefits of group therapy often include:

- An increased sense of support and connectedness
- A decrease in self-criticism and negativity
- Renewed hope in one's own abilities.
- Increased resourcefulness in finding solutions
- Greater ease in identifying feelings and self-disclosure
- A deepened trust for oneself and one’s instincts
- More confidence in trying out possible solutions