

UW Counseling Center

SPRING

Groups



MON

3:30pm- 5:00pm

**Beginning
Mindfulness**

Starts 3/30/2026
Remote

THU

2:30pm - 4:00pm

**ACT for
Anxiety**

Starts 4/23/2026
Remote

WED

3:00pm - 4:20pm

**Between
Cultures**

Ongoing
Remote

THU

3:00pm - 4:30pm

**Sukoon (with a
cup of chai)**

Ongoing
UWCC

THU

9:00am - 10:20am

**Getting Through
Grief**

Ongoing
Remote

FRI

10:10am - 11:20am

**Understanding
Self & Others**

Starts TBD
Remote

THU

10:00am - 11:30am

**Feminist Process
for Grad Students**

Starts 4/9/2026
Remote

FRI

10:30am - 12:00pm

**Procrastination
& Perfectionism**

Ongoing
Remote

THU

12:00pm - 1:00pm

**Ongoing
Mindfulness**

Ongoing
UWCC

**All groups have limited
capacity and will close when
full, students are encouraged
to schedule a pre-group visit
by calling 206-543-1240**

THU

1:00pm - 3:00pm

**Queer Tabletop
Role Playing**

Starts TBD
UWCC

