



Weekly Support Groups: Fall 2021

Q*MMUNITY Support Group

Mondays (5:30-6:30 PM)

- At the LGBTQ+ Resource Center, for more information [click here](#).
- Welcomes all LGBTQ+ students and allies.
- For questions, please contact Jess Westcott (jessw19@vt.edu)

Our Voice: Support Group for Students of Color

Thursdays (5:30- PM) (Bi-weekly)

- At the Intercultural Center, for more information click [here](#).
- Connect and discuss experiences as students of color at VT in a supportive space.

Addiction Friends and Family Support Group

Thursdays (5:00-6:00 PM)

- Pedrew Yates Hall 180, for more information click [here](#).
- For questions or more information please contact Kela Rosario (kela18@vt.edu)

Beyond Boundaries: A Support Group for Students with Disabilities

Thursdays (5:00-6:30 PM) (Bi-weekly), starting Sept. 16

- Open to all Virginia Tech students who identify as disabled/having a disability.
- Want more information? Click [here](#).
- Click [here](#) to register.

Global Connect: Support Group for International Students

Oct 28, Nov 11, Dec 9 (4:00-5:00 PM)

- Located at Kent Square in Suite 202
- Click [here](#) for more information.

Science of Anxiety:

Thursday (4-5 PM)

- Discover brain hacks to tackle anxiety. Zoom ID: 492 633 4126
- Click [here](#) for more details.

SSD Drop-In Advising:

Thursday (3:30-5 PM)

- Drop-in advising for students with disabilities.
- Come by either virtually or in SSD 310 Lavery Hall
- To join via zoom, click [here](#).
- Facilitated by Lydia Qualls

EL Centro Drop-In Advising

Wednesdays (12-1PM) in El Centro

- Talk to Erica Coates about Cook Counseling's services for Latinx students
- Stop by in person or click [here](#) for zoom link.

Additional Online Resources:

- [Cook Counseling Center Virtual Coping Schedule and Resources](#)
- [Brain Hacks for Adjusting Back](#)
- [Self-Help Resources](#)
- [Workshops, Support Groups, and Virtual Coping](#)

Additional VT Resources:

- [Hokie Wellness On-Demand Resources](#)
- [Developing Resiliency Workshop Series](#)
- [FEELS Peer Support Group](#)
- [Hokie Wellness Recovery Community](#)
- [Healthy Hokie Workshops](#)

Meet Our Therapy Dogs!

- Mondays with Josie (2nd Floor Newman Library at 4:00 PM)
- Tuesdays with Derek (McComas Hall Entrance at 4:00 PM)
- Wednesdays with Wagner (Farmer's Market at 1:30 PM)

*Crisis Support is always available for students with immediate distress and needs that cannot wait safely until an appointment. Crisis consultations are at our Oak Lane office during business hours or at 540-231-6557 at any time.