

VCCS SPRING 2026 GROUPS

Connect. Reflect. Grow.

Groups bring together students with shared experiences in a supportive, therapist-led space. Groups fill quickly - reach out early. A brief pre-group meeting is required.
845-437-5700 | counseling@vassar.edu

Healing the Inner Child

Tuesdays 3:15-4:45PM

Vinny Malik Dehili & Amanda Krupman

Explore the narratives shaped by family, culture, and past relationships—and begin reshaping how you understand yourself and others.

Social Anxiety Peer Support

Tuesdays 3:15-4:30PM

Ben Hindell

For students who feel anxious in social settings but want connection. Build confidence, community, and ease in relationships.

Understanding Your Roots

Tuesdays 3:15PM-4:30PM

Sarah Abarbanel

Discover how your family stories shape you. Explore identity, ancestry, and relationships through open discussion and creative reflection.

Understanding Self & Others

Wednesdays 3:15-4:30PM

Wendy Freedman & Russell Janzen

Gain insight into relationship patterns and practice more depthful ways to build connection with friends, family, and partners.

Neurodivergent Peer Support Group

Wednesdays 3:15-4:30PM

Alison Krause

An inclusive space for students who identify with neurodivergent experiences to connect, share experiences, and build community around sensory needs, emotions, masking, and self-care.

Facing Loss TBD

Robin Shutinya

A support space for students to connect with others and to share stories, struggles, strengths, and ways of coping, with others who have experienced a loss.

Between Moments Wednesdays 3:30-4:30PM

Natalia Martínez Muñoz Potter

Offers space to pause amid a changing world. Together, we reflect on how broader events affect us personally and emotionally.

Dream Appreciation Group Wednesdays 3:00PM-5:00PM

Carly Shumaker

Curious about your dreams? Share dreams, explore meaning, and build connection through reflection, meditation, and group process.

Dungeons and Therapy Wednesdays 3:00PM-5:00PM

Vinny Malik Dehili

A role-playing therapy group where you explore new ways of being through storytelling, quests, and imagination. No D&D experience needed.

Trauma-Informed Yoga Fridays 4:00PM-5:00PM

Robin Shutinya

A movement-based group for students to explore the connection between mind and body and strengthen self-agency.

Breaking Binaries

Thursdays 3:15PM-4:30PM

Sarah Abarbanel

A supportive process group open to all students interested in exploring gender, identity, and perspectives relevant to gender fluid and gender non-conforming communities.

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