

Fall 2026

Group Counseling

Connect. Reflect. Grow.



Groups bring together students with shared experiences in a supportive, therapist-led space.

A brief pre-group meeting is required. To get started, stop by Metcalf or please contact us 845-437-5700 or counseling@vassar.edu

Tuesdays

Healing the Inner Child

Metcalf House

3:15 P.M.–4:45 P.M.

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

Vinny Dehili & Tess Lampert

Thursdays

Social Anxiety Peer Support Group

Metcalf House

3:15 P.M.–4:30 P.M.

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

Ben Hindell

TBD

Facing Loss

Metcalf House

Time: TBD

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

Robin Shutinya

Please contact Counseling Services to confirm the specific day and time this group meets.

Wednesdays

Dungeons and Therapy

Metcalf House

3:00 P.M.–5:00 P.M.

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

Vinny Dehili

Understanding Self & Others

Metcalf House

3:15 P.M.–4:30 P.M.

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

Wendy Freedman & Serah Betancourt

Nature-Based Mindfulness Group

Outdoor Locations / Greenhouse

3:30 P.M.–4:45 P.M.

Immerse your senses in the natural landscapes of Vassar’s campus practicing nature-based mindfulness techniques. Meetings take place in the Vassar Greenhouse and various outdoor settings on campus.

Ali Krause Christensen

Boundaries & Bridges

Metcalf House

3:15 P.M.–4:15 P.M.

For students who say yes when they mean no. Learn to set a limit, ask for what you need, and repair a relationship after conflict, using skills you practice in group and can use the same week.

Natalia Martínez Muñoz Potter & Olivia Tencer

Psychic Barn Raising: A Dream Appreciation Group

Ely Hall 104

3:00 P.M.–5:00 P.M.

A supportive group for students interested in exploring the dream realm in a collaborative and exploratory space through a combination of meditation, dream sharing, and group process.

Carly Shumaker



For more information, scan the QR code or visit the tiny URL below.
go.vassar.edu/group-counseling



Vassar College
Counseling Service



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