Drop-in & Skills Groups
Fall 2019

Come to these groups throughout the semester. There's no need to sign up ahead of time.

Anxiety & Stress Toolkit	This group teaches skills in mindfulness, relaxation techniques, Acceptance and Commitment Therapy (ACT) to manage stress, anxiety, and depression.	Wednesdays 4:00-4:50 DUC 245 Susan.Rosse@wustl.edu
Dissertation Support Group	Find support while writing your dissertation. Explore how to move past obstacles such as procrastination, low motivation, and social isolation.	Fridays 3:15 - 4:45 Seigle Suite 435, Room 429 karolynsenter@wustl.edu
Doing Better Today	This is a weekly drop-in class focused on increasing mindfulness, managing stress, and having better relationships.	Tuesdays 4:00 - 5:00 DUC 242 jdyer@wustl.edu
Guided Meditation	Guided meditation session to help you train your attention and focus, manage your stress, and root yourself in the present moment.	Mondays 4:00 - 4:30 Zenker Wellness Suite jworthington@wustl.edu
International CHAT	Gathering for international graduate students to discuss adjusting to a different culture, time and stress management, and cultivating meaningful relationships.	Tuesdays 3:40- 4:55 Liberman Graduate Center Small Conference Room ciloue.c.stewart@wustl.edu
Lavender Circle	A safe and affirming space for students navigating issues related to sexual and/or gender identity exploration and acceptance.	Fridays 1:15 - 2:45 DUC 1st floor CDI multipurpose room aditiahlawat@wustl.edu
Making Peace with the Mirror	Open support group for students struggling with issues related to eating, weight, and body image.	Wednesdays 3:00-4:00 Habif Classroom chelsea.albus@wustl.edu

Habif Health and Wellness Center

STUDENT AFFAIRS AT WASHINGTON UNIVERSITY