# 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.

- **Location:** DUC 245
- **Time:** Wednesdays 4:00-4:50
- **Contact:** 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.

- **Time:** Fridays 3:15 - 4:45
- **Location:** Seigle Suite 435, Room 429
- **Contact:** karolynsenter@wustl.edu

## Doing Better Today

This is a weekly drop-in class focused on increasing mindfulness, managing stress, and having better relationships.

- **Time:** Tuesdays 4:00 - 5:00
- **Location:** DUC 242
- **Contact:** 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.

- **Time:** Mondays 4:00 - 4:30
- **Location:** Zenker Wellness Suite
- **Contact:** 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.

- **Time:** Tuesdays 3:40 - 4:55
- **Location:** Liberman Graduate Center Small Conference Room
- **Contact:** 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.

- **Time:** Fridays 1:15 - 2:45
- **Location:** DUC 1st floor CDI multipurpose room
- **Contact:** aditiahlawat@wustl.edu

## Making Peace with the Mirror

Open support group for students struggling with issues related to eating, weight, and body image.

- **Time:** Wednesdays 3:00-4:00
- **Location:** Habif Classroom
- **Contact:** chelsea.albus@wustl.edu