Creating Healthy Actions Together is a weekly informal gathering for international graduate students led by experienced group facilitators.

Relevant topics during the sessions will include:

- Understanding and adjusting to cultural differences
- Creating and maintaining meaningful relationships
- Managing stress under pressure
- Managing time and energy
- and many more!

Liberman Graduate Center
Small Conference Room
Tuesdays
3:40 - 4:55 PM
Begins Jan. 28

For questions and to register, please contact Ciloue Cheng Stewart, Ph.D., LMFT at ciloue.c.stewart@wustl.edu or Karolyn Senter, Ph.D., LPC at karolynsenter@wustl.edu