Drop-In & Skills Groups  
Spring 2019

**Drop-In Meditation**  
This guided meditation session will help you train your attention and focus, manage your stress, and root yourself in the present moment.  
**Mondays**  
4:10 – 4:30 p.m.  
Zenker Wellness Suite (303)  
Sumers Recreation Center  
jworthington@wustl.edu

**Managing Anxiety with ACT**  
The Acceptance and Commitment Therapy (ACT) group will teach mindfulness skills to help you live and behave consistently with your personal values and develop psychological flexibility.  
**Tuesdays**  
4:15 – 5:00 p.m.  
DUC 245  
susan.rosse@wustl.edu

**International C.H.A.T.**  
A weekly, informal gathering for international graduate students to discuss adjusting to a different culture, time and stress management, and cultivating meaningful relationships.  
**Wednesdays**  
10:15 – 11:30 a.m.  
Liberman Graduate Center  
karolynsenter@wustl.edu  
ciloue.c.stewart@wustl.edu

**Making Peace with the Mirror**  
An open support group for students struggling with issues related to eating, weight, and body image. This group meets biweekly beginning on Jan. 30.  
**Biweekly on Wednesdays**  
3:15 – 4:00 p.m.  
Habif Classroom  
chelseaalbus@wustl.edu  
sgartland@wustl.edu

**DBT Skills**  
Interested in learning new skills to make your life more livable? This is a weekly drop-in class focused on increasing mindfulness, managing stress, and having better relationships.  
**Wednesdays**  
12:10 – 1:00 p.m. in DUC 239  
**Thursdays**  
4:10 – 5:00 p.m. in DUC 236  
jdyer@wustl.edu

Groups are free and confidential. Additional groups may be offered. All full-time WashU students who are covered under student insurance plans (or qualified alternative plans) may participate. For more information, visit habif.wustl.edu.