Got stress or anxiety? There's a group for that! This group will help you tame anxiety through developing mindfulness skills and psychological flexibility.

We'll focus on learning to accept internal experiences (e.g., thoughts and emotions) rather than control them.

We'll work on identifying personal values and how to live and behave in ways consistent with those values.

**THURSDAYS 4:00 – 5:00 PM BEGINS FEBRUARY 11**

Contact Susan Rosse, Psy.D. at susan.rosse@wustl.edu for more information.