FOR INTERNATIONAL GRADUATE STUDENTS

INTERNATIONAL C.H.A.T.

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!

Tuesdays
3:30 – 4:50 PM
Begins January 26

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

Habif Health and Wellness Center
STUDENT AFFAIRS AT WASHINGTON UNIVERSITY