UNDERSTANDING SELF AND OTHER GROUPS: General process-oriented groups for students dealing with a variety of concerns (depression, anxiety, stress, relationship struggles, etc.). Members explore patterns how they relate to themselves and others to help change current behaviors and develop greater insight and acceptance. **Current times:** Mondays 1:10-2:30pm; Tuesdays 5:10-6:30pm; Thursdays 10:00-11:30 am, 1:10-2:30pm

ANXIETY GROUP: General process group for students who navigate a variety of different anxiety issues. This group will give students the opportunity to connect with others who struggle with the impact anxiety has on important areas of life (relationships, academics, etc). **Current times:** Wednesdays 1:10-2:30 pm

DBT SKILLS GROUP: Semester-long skills based group made up of 4 modules-Core Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. DBT skills are designed to help students who wish to improve their ability to regulate emotions, tolerate distress and negative emotion, be mindful and present in the given moment and communicate and interact effectively with others. **Current times:** Mondays 3:10-4:30 pm

GENDER IDENTITY AND EXPRESSION GROUP: For students navigating the joys and challenges related to gender identity and expression. Open to students at any point on the gender identity and expression spectrum. **Current time:** Thursdays 3:10-4:30pm

GRADUATE/NON-TRADITIONAL STUDENT GROUP: Like our Understanding Self and Others groups, this group is a general process-oriented group for students dealing with a variety of issues of personal concern (depression, anxiety, stress, relationship concerns and academic pressures, among other things). Members also connect on issues related to age and graduate student status. **Current time:** Tuesdays 1:10-2:30pm

HEALING THE HEART: This is a process group for students who have experienced interpersonal trauma or a relational pattern in which trust was broken (emotion/verbal, physical, sexual, stalking, F00, bullying, partner violence). The group will provide a safe and affirming space for students to focus on building a sense of self and exploring how to integrate past traumatic experiences with present day life. **Current time:** Thursdays 1:10-2:30pm

LIVING BRAVE: A MEN’S GROUP: For students identifying as men. Focus will be on how to infuse courage, integrity, and vulnerability into our lives as men. Group will cover many topics, including: relationships, intimacy, anxiety, depression, communication skills and identifying the kind of man you want to be in today’s world. **Current time:** Thursdays 10:00-11:30am

MAKING PEACE WITH FOOD AND BODY: For students who are struggling with food and body image concerns. **Current time:** Mondays 3:10-4:30pm

SELF-LOVE: For students experiencing a variety of issues of personal concern with a thematic focus on self-compassion infused throughout group discussion and activities. **Current time:** Monday 3:10-4:30pm

WOMEN’S GROUP: USO group for students identifying as women to engage in topics such as self-esteem, self-empowerment and self-care. Group will also explore concerns about stress, anxiety, depression, family relationships, communication skills and life transitions. **Current time:** Wednesdays 3:10-4:30pm

WOMEN OF COLOR: This group is for women of color to openly engage in dialogues related to what it means to be a woman of color on a predominantly white campus. The group will be a mixture of both support as well as process and will additionally address general mental health concerns (relationships, depression, anxiety, etc.). **Current time:** Mondays 1:10-2:30pm

WORKSHOP-CREATE YOUR OWN CALM: Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry and feeling overwhelmed. **Current time:** Tuesdays 3:10-4:30pm, Wednesdays 3:10-4:30pm

WORKSHOP-EMOTION SKILLS: Four-week, skills-based group focused on helping students increase emotional intelligence skills. Focusing on awareness and identifying emotions, emotion vocab, avoidance and suppression tendencies, constructive and effective emotional expression and role of emotion in relationships. **Current times:** Thursdays 3:10-4:30pm

CRISIS RESOURCES

- For life-threatening emergencies, please call 911
- Campus police at (515) 294-4428
- Mary Greeley Medical Center Emergency Room 1111 Duff Avenue
- National Suicide Prevention Lifeline (800) 273-8255
- Text the 24 hours Crisis Text line Text ISU to 741741

Student Counseling Services
2505 UNION DRIVE
Student Services Building, 3rd Floor
515-294-5056