**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 of how they relate to themselves and others to help change current behaviors and develop greater insight and acceptance. **Current times:** Mondays 10-11:30 pm (Anxiety Themed) & 1:10-2:30, Tuesdays 1:10-2:30 & 3:10-4:30 pm, Wednesdays 1:10-2:30 pm, Thursdays 3:10-4:30 pm

**ACT GROUP:** The Acceptance and Commitment Therapy (ACT) Group is for students who want to encounter depression and anxiety differently as well as pursue a full and meaningful life. ACT helps people relate differently to their anxious feelings, depressed moods, worrying mind, self-defeating behaviors and/or anything causing problems. Members explore patterns how they related to themselves and others to help change current behaviors and develop greater insight and acceptance. **Current time:** Thursdays 3:10-4:30 pm

**BIPOC GROUP:** This group is for Black, Indigenous, and People of Color (BIPOC) to openly engage in dialogues related to what it means to be BIPOC 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:** Thursdays 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 time:** Mondays 3:10-4:30 pm

**GRIEF AND LOSS GROUP:** For students who have experienced a significant loss in their life, such as the death of a family member, close friend, or significant other. This group invites students to connect and receive support from others who have experienced the pain of a loss. This group offers a chance for students to engage in the healing process, understand their unique way of grieving, and find meaning moving forward in life. **Current time:** Wednesdays 3:10-4:30 pm

**MOOD, FOOD & YOU GROUP:** Combination of support, skill, experiential activities and process for any person with body image, disordered eating, or eating disorder concerns. During the group orientation, you will be asked to sign releases of information to any members of your treatment team (individual therapist/RD/Dr). **Current time:** Wednesdays 11 am-12:30 pm

**MINDFULNESS FOR DEPRESSION:** It is a guided self-discovery process aiming to identify negative thoughts and emotions that get in the way of being present and appreciate the things happening in the moment. Students will not learn about mindfulness, they will practice. **Current time:** Thursdays 1:10-2:30 pm

**MOTIVATION & PROCRASTINATION:** Four-week workshop in which students will learn how to identify their procrastination and lack of motivation causes and effectively address them through practical and emotional regulation techniques. **Current time:** Tuesdays 3:10-4:30 pm

**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

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**SUBSTANCE USE & YOU:** Three week workshop where we will explore and understand substance use and its impact on your life. We will learn about self-assessment tools, recovery skills, community resources, and strategies for success regarding your relationship with alcohol and other substances. **Current time:** Tuesdays 1:10-2:30 pm

**CREATE YOUR OWN CALM:** Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry, and feeling overwhelmed. **Current time:** Mondays 1:10-2:30 pm

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