UNDERSTANDING SELF AND OTHERS GROUP: 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. **Mondays and Wednesdays 3-4:30 pm, Thursdays 1-2:30 pm**

UNDERSTANDING SELF AND OTHERS GROUP - ANXIETY THEME: **Thursdays 3-4:30 pm**

UNDERSTANDING SELF AND OTHERS GROUP - GRADUATE/NON-TRADITIONAL STUDENTS: **Mondays 1-2:30 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. **Tuesdays 3-4:30 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.). **Tuesdays 1-2:30 pm**

MOTIVATION AND PROCRASTINATION: Three-week, skills workshop in which students will learn to identify factors that contribute to procrastination and low motivation as well as strategies to effectively address these challenges. **Mondays 3-4 pm**

CREATE YOUR OWN CALM: Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry, and feeling overwhelmed. **Thursdays 3-4 pm**

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CRISIS RESOURCES

- For life-threatening emergencies, please call **911**
- Campus police at **(515) 294-4428**
- Mary Greeley Medical Center Emergency Room **1111 Duff Avenue**
- Suicide and Crisis Lifeline  
  Call or text **988 or chat 988lifeline.org**
- Text the 24 hours Crisis Text line  
  Text **HELLO to 741741**

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Student Counseling Services

2505 UNION DRIVE  
Student Services Building, 3rd Floor

515-294-5056