

Student Health Services

Group Meetings

Fall 2018



Mindfulness Self Care

Mondays @ 12-1 pm Room 915-B

Grief and Loss

Tuesdays @ 12-1 pm Room 915-B

Dealing with Anger

Wednesdays 1-2 pm Room 911-B

Anxiety

Thursdays @ 12-1 pm Room 915-B

Rainbow LGBTQ+

Thursdays @ 1-2 pm Room 911-B