

# SUMMER 2017 GROUPS

## *WSU Counseling and Testing Center*

### ➔ *Keep Calm & Breathe On*

Every Wednesday, drop in to build structured relaxation time into your life and learn techniques to do relaxation on your own. You will be led in meditation, mindfulness and relaxation practices.

Starting May 24 | Wed. | 12:15-12:45p.m. | RSC, RM 257

### ➔ *Choosing to ACT*

Join us for 8 weeks to learn alternative ways of responding to negative thoughts and worries. You will learn mindfulness techniques and explore ways to live a more meaningful and valued life.

Starting June 5 | Mon. | 3:30-4:30p.m. | Grace Wilkie Hall, RM 320

### ➔ *Kicking the Butt: Tobacco Cessation*

This tobacco cessation group helps you at any point in your journey to being tobacco free. You will learn ways to help you be successful during your quit attempts, develop healthy ways to prepare for quitting, as well as gain support from other members who are in their quitting process.

Starting June 6 | Tues. | 11 a.m.-Noon | Grace Wilkie Hall, RM 320

### ➔ *Understanding Self & Others Group*

Explore how you relate to others with the aim of developing a greater understanding and acceptance of yourself. Gain perspectives on various issues/concerns, engage in personal growth and recognize you are not alone.

Starting June 7 | Wed. | 11 a.m.-Noon | Grace Wilkie Hall, RM 320



➔ *For information on joining and attending a group, call (316) 978-3440. All groups are FREE to attend.*



WICHITA STATE  
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