**Interpersonal Growth**  
*Day/Time TBA*

This interactive group explores our patterns of relating to others and ourselves. Group members have the chance to discover how others see them, cope with difficult emotions, resolve personal and interpersonal concerns, and achieve more satisfying relationships.

**Origins: The Family and the Self**  
*Day/Time TBA*

This is an interpersonal growth group with a particular emphasis on issues related to family. People whose family situations are difficult, complicated, and/or frustrating will gain support and insight into how their family system has come to be how it is, the role they play, and what changes are possible.

**Dissertation Support**  
*Fridays 3:00-4:30 at Student Health*

This group offers support with the dissertation writing process and helps students discover ways to move past obstacles like procrastination, low motivation, isolation and other things that have them feeling stuck. Space is limited – sign up early!

**Beyond Boxes** New!  
*Day/Time TBA*

This is a support group for undergraduate and graduate students who are looking for a safe space to discuss experiences with sexuality, gender identity, and interpersonal relationships with others who have shared similar experiences. Areas of discussion may include fostering self-acceptance, intersectionality of identities, coming out, dating, family relationships, stigma, and campus climate, among other topics. All LGBTQA students or those exploring or questioning their sexuality or gender identity are welcome.

**WU ADHD Support Group** New!  
*Wednesdays 4:00 to 5:00 p.m. at Student Health*

This group, co-facilitated by Dr. Jennifer Self from Student Health and Dr. Michael Getty from the College of Arts & Sciences, provides peer support, accountability, and practical strategies for students with ADHD. Undergraduate students are eligible to participate. To register or for questions contact Dr. Self at jen.self@wustl.edu.

**SKILLS WORKSHOPS**

**Mindfulness, Coping & Resilience**  
*Fridays 2:10-3:00pm*

*Two Runs, Both at Student Health:*
  *September 11 – October 9*
  *October 1 – November 20*

This drop-in workshop series develops skills that help combat depression, anxiety, motivation and performance problems, and poor self-image. Workshops held every Friday with a different topic covered each week. Topics include using mindfulness to improve attention and mood, managing difficult thoughts and feelings, increasing self-esteem, and using values to create a life worth living. **Attend as many sessions as you like, no need to register!**

**Finding Your Center**  
*Fridays 2:15-3:45pm*

*Two Runs, Location TBA:*
  *September 25 – October 9*
  *October 23 – November 20*

This workshop series incorporates a number of holistic strategies that help students quiet their mind and feel more focused. Each session allows time to practice relaxation techniques, deep breathing, and meditation exercises that help reduce stress and alleviate anxiety. To register or for questions contact Jackie Miller at jmiller@wustl.edu.

For registration contact Dr. Goldman at gregory.goldman@wustl.edu  
(unless otherwise indicated)

Groups are free and confidential. Additional groups may be offered.  
All full-time Washington University students and partners who are covered under student insurance plans (or qualified alternative plans) may participate.