

Idaho State
UNIVERSITY
**Counseling
and Testing
Service**

Pocatello:
Graveley Hall,
South, rm 351
282-2130

Idaho Falls:
Bennion SUB rm
223
282-7750

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Individual Counseling & Groups

Student Health Stress Skills

Group—This group is a perfect de-stressor for today's stressful society. Come out and join this practical new group and learn ways to cope with everyday stress. **Meets for 6 weeks Wednesdays at 4pm in the Student Health Center beginning on October 7th 2009.** Call Student Health at 282-2330 to sign-up.

Idaho Falls Women's Group: Finding Meaning & Purpose—

Women have many roles and purposes. How do we find our true purpose? This group will provide an opportunity for female connection while exploring concepts such as purpose and meaning. The group **meets the 1st and 3rd Wed of the month at 5:00pm in the Bennion SUB in Idaho Falls.** If interested contact Julie Thompson at 282-7750.

Personal and Couples

Counseling—Counseling and Testing offers free counseling to any ISU student enrolled in at least one class. Just call our office today. Common concerns are stress, anxiety, relationship problems, depression, grief, test anxiety, adjustment to college, alcohol/drugs, and anger.

Relationships Skills Group—

Are you having trouble connecting with family, friends, co-workers? Are you feeling like you are tired of relationship difficulties but don't know what to do? Come and learn about ways to navigate the social world in this 6 week group meeting on **Thursdays beginning October 8th at 3pm at Counseling and Testing.** Call Hillary Locke at 282-2130 for more information.

Health & Wellness Workshops

Relax, Don't Lose It—This stress education workshop will focus on skills to reduce the effects of stress and anxiety. Skills include relaxation, breathing and meditation techniques and positive thinking to enhance self-esteem. This workshop takes place on **September 23th, 2009 at 10am in the Student Health Center Pharmacy waiting room.** Call Student Health for more information at 282-2330.

Parenting and Family Education---

Brown Bag Seminars, The challenges of being a parent while also being in school are well known. Come and learn about positive parenting strategies. We will share ideas for strengthening your parent/family relationships and keeping connected in spite of a busy schedule. **Tuesdays 12:00-1:00 beginning October 6th 2009.** Weekly topics and location to be announced in the online student bulletin. Call Jane C. Coe Smith for more information at 282-2130.

Wellness Symposium—Come out and join us for our 1st Annual Wellness Symposium on **Wednesday Sept. 30th from 9-4pm in the Pocatello SUB, North and Middle Fork rooms.** Topics include: stress management, conflict resolution, communication, pursuit of happiness, taming worry, and recognizing wellness.

You are welcome to attend at no cost, and we encourage your participation, feedback and ideas regarding other topics you would be interested in attending for future symposiums. For a brochure, check out our homepage at www.isu.edu/ctc.

Wellness Booth Fair—Come out and get connected with campus-wide wellness services on **Wednesday Sept. 30th from 9-4pm in the Pocatello SUB, South Fork room.** Learn about what ISU has to offer (e.g. Dental Hygiene Clinic, Financial Wellness Center, Student Health, Occupational Therapy, Massage Therapy, Campus Rec., Outdoor Adventure Center, Wellness Center and many more).

Can't find the group or workshop for you? Counseling and Testing Service is interested in your ideas and will consider offering groups & workshops on requested topics. Visit our website at www.isu.edu/ctc or call us 282-2130 for more information.

