

# Fall 2019 Groups

ISU Counseling & Testing Service

## Anxiety ACTION

*Mondays 3:00 – 4:45 PM (Matt)*

## Understanding Self & Others (USO)

*Tuesdays 3:00 – 4:30 (Sally & Danielle)*

*Wednesdays 4:00 – 5:30 (Cameron & Susan)*

## Do Better Today (DBT)

*Wednesdays 1:00 – 2:30 (Susan & Ashlynn)*

## Sexual Concerns

*Thursdays 4:00 – 5:30 (Matt)*

## Mindfulness Meditation

*Fridays 12:15 – 12:45 PM (Jenn & Kristin)*

*(Student Union, Clearwater RM)*

**For more information please contact a counselor or visit our website:**

(208) 282-2130

<https://isu.edu/ctc/>