ARTISTIC EXPRESSIONS GROUP

Mondays @ 1PM
starting September 13th

Using art to share your story and cultivate a calm environment

Contact Melissa at the SCC if you have any questions.
Melissa.Grinslade@indstate.edu
Men’s Wellness Group

A supportive environment for male identified students to discuss a wide range of topics in their lives.

TOPICS INCLUDE:
- Pressures & Expectations of Men and Our Society
- Academic & Career Concerns
- Managing Emotions
- Communicating effectively in relationships

JOIN US
THURSDAYS
2pm-3pm
Sexual Violence Survivor Support Group

Wednesdays at 4pm

A member of the student counseling center staff will be present for meetings of the group.

Open to any individual who identifies as a woman and is a survivor of sexual violence. While anyone of their gender can be survivors of sexual violence, we have designed this specific group for those that identify as women. If you do not identify as a woman but, would like to join a survivors group please contact Iris Mosah at Iris.Mosah@indstate.edu
SCC SUBSTANCE USE GROUPS

**Fall Semester**

September 15, 16, 17
Marijuana at 10am,
Alcohol at 2pm
(1 hour each day)

October 19, 20, 21
Alcohol at 10am,
Marijuana at 2pm
(1 hour each day)

Combined class
December 2
1pm-4pm
(3 hour class)

**Spring Semester**

Combined Class
January 18
1pm-4pm
(3 hour class)

February 22, 23, 24
Marijuana Class
10am
Alcohol Class
2pm
(1 hour each day)

April 12, 13, 14
Alcohol at 10am
Marijuana at 2pm
(1 hour each day)

There is a $25 cost for attending Alcohol and Marijuana groups. Students will need to attend selected 3 session group or 3 hour long group to meet requirements. Students who miss group will be required to restart and pay additional $25.
BODY BALANCE

Yoga to balance the mind, body, and spirit

Every Wednesday at 4pm starting August 19th on IGTV
Scan QR code below

JOIN US FOR A PRACTICE CULTIVATING OUR MINDFUL CONNECTION. ALLOWING OURSELVES TIME TO BREATHE, RELAX, AND LET GO.

Contact Melissa at the SCC if you have any questions Melissa.Grinslade@indstate.edu
We invite you to take some time to pause and relax with Indy, a trained therapy dog & her handler Linda.

Tuesdays from 11:30am - 12:30pm

at the Student Counseling Center

This time is reserved for students are currently in services at the student counseling center.

Students can check in at the front desk upon arrival. For more information, please call the SCC at 812-273-3939