

INDIANA STATE

STUDENT COUNSELING CENTER

Small Groups at the Student Counseling Center

2nd floor Gillum Hall 812-237-3939

(Call or stop by the office or see our Facebook “Events” section
for more information)

ANXIETY MANAGEMENT SERIES	MONDAYS AT 5:00 PM	LEARN COPING SKILLS TO DEAL WITH ANXIETY. WALK-IN.
DISORDERED EATING	TUESDAYS AT 2:00 PM	FIND FOOD FREEDOM; MAKE PEACE WITH YOUR BODY. WALK-IN
ARTISTIC EXPRESSIONS GROUP	THURSDAYS AT 4:00 PM	USE PROVIDED ART SUPPLIES TO EXPRESS YOUR CREATIVITY WALK-IN (\$25 FEE FOR SUPPLIES BILLED TO YOUR STUDENT ACCOUNT)
PET THERAPY OPEN TO ALL - “WINNIE” & “REMI”	TUESDAYS 2:00-3:00 PM	WALK-IN ANYTIME
PET THERAPY OPEN TO ALL - “INDY”	WEDNESDAYS 1:30-2:30 PM	WALK-IN ANYTIME
MASSAGE THERAPY	MON 2-4 PM TUES 10-12 AM THUR 8-10:30 AM (*TUES 2-4 PM) (*THUR 2-4 PM)	FREE 30 MINUTE MESSAGES PROVIDED BY MASSAGE THERAPY STUDENTS. APPOINTMENT REQUIRED. * (TUES/THUR 2-4 HAS BEEN PUT ON HOLD UNTIL FURTHER NOTICE)
<u>TAI CHI CLASSES</u>	THUR 5-6 PM MAR 28-MAY 2	TRADITIONAL CHINESE MARTIAL ARTS EXERCISE. FLOOR IS CARPETED BUT BRING YOUR OWN MAT IF DESIRED. CLASS SIZE IS LIMITED TO 15

NEW