### Monday

**Grief & Loss, 3:00-4:30 pm**

Engage in a warm, supportive small group to deal with the death of a close loved one.

### Tuesday

**DBT Lite, 2:00-3:30 pm**

Learn to manage overwhelming emotions, handle distress and engage in healthy relationships.

**Creative Options, 2:00-3:30 pm**

A present-focused group using creative art activities to help develop coping skills, connect with others, and cultivate well-being.

**Men's Group, 3:40-5:00 pm**

A group to discuss male friendships, emotions, role models, masculinity, educational/career pressures, substance use and sex.

### Wednesday

**ACT Group, 1:00-2:30 pm**

A skill-building group to help you engage with your life instead of your problems. Learn acceptance through mindfulness, experiential exercises, metaphors, and discussions.

**Anxiety Management, 3:10-4:30 pm**

A six-week, structured program for group members to develop coping skills and strategies to manage anxiety.

**Women's Group, 5:10-6:30 pm**

Members will actively learn from and support each other, discussing a range of common concerns.

### Thursday

**Understanding Self & Others, 2:00-3:30 pm**

Learn about yourself, connect with other students and explore how to manage stress related to relationships, academics, transitions and unhelpful moods.

**Skills for Success: ADHD Group, 3:40-4:40 pm**

Learn strategies to manage your ADHD symptoms effectively, using coping skills that can really work.

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Group screenings required

Call PACS to schedule an appointment

3 Garrison Ave., Smith Hall - 3rd Floor

(603) 862-2090