**Tuesdays** 4-5:30pm - **or** - Wednesdays 2:30-4pm
Learn to focus the mind

**Mondays** 2:30-4pm
Manage intense emotions with DBT skills

**Wednesdays** 3-4:15pm
Support in dealing with the loss of a loved one

**Thursdays** 12:30-1:45pm
Group for survivors of sexual assault and relationship violence
@ Women’s Resource Center

**Thursdays** 4-5:30pm
Workshops for intersection of Asian American Pacific Islander identity and mental health
@ Visionary Suite, ASU

**Fridays** 9-10:30am
Thrive as helping professionals

**Tuesdays** - or - **Fridays** 12-12:50pm
Practical strategies derived from the latest research to improve academic performance

**EVERYDAY MINDFULNESS & MEDITATION**
Tuesdays 4-5:30pm - **or** - Wednesdays 2:30-4pm
Learn to focus the mind

**LIVING WITH LOSS**
Wednesdays 3-4:15pm
Support in dealing with the loss of a loved one

**RISE**
Thursdays 12:30-1:45pm
Group for survivors of sexual assault and relationship violence
@ Women’s Resource Center

**(AAPI)PHANY**
Thursdays 4-5:30pm
Workshops for intersection of Asian American Pacific Islander identity and mental health
@ Visionary Suite, ASU

**WOMXN OF COLOR EMPOWERMENT GROUP**
Thursdays 5:30-7pm
Space for WOC for understanding and exploring intersecting racial, gender, and cultural identities
@ Center for Intercultural Relations, ASU

**STUDENTS IN HELPING PROFESSIONS**
Fridays 9-10:30am
Thrive as helping professionals