

# MAKE CONNECTIONS

## ★ FIND A GROUP THAT FITS YOU ★

### ALPHABET SOUP GROUP

A space for LGBTQ students to share individual struggles and joys, as well as learn more about oneself.

#### MEETING TIME

.....  
**WEDNESDAY**  
3:30 PM - 5:00 PM  
.....

### MEDITATION GROUP

Learn and practice various styles of meditation to reduce daily stress and ruminative worry & improve sleep.

#### MEETING TIMES

.....  
**WED** | 3:30 PM - 4:45 PM  
★ OR ★  
**THURS** | 3:30 PM - 4:45 PM  
.....

### GET CONNECTED GROUP

Feeling disconnected or not yourself, or feeling stress from relationships in your life? This is the group for you.

#### MEETING TIMES

.....  
**TUES** | 3:30 PM - 5:00 PM  
★ OR ★  
**FRI** | 2:00 PM - 3:30 PM  
.....

### GRAD STUDENT SUPPORT GROUP

A supportive place for graduate students dealing with stress, work/life balance, and managing professional and personal relationships.

#### MEETING TIME

.....  
**WEDNESDAY**  
2:00 PM - 3:30 PM  
.....