SOCIAL CONNECTEDNESS

STUDIES SHOW PEOPLE WHO FEEL MORE CONNECTED TO OTHERS HAVE LOWER LEVELS OF ANXIETY AND DEPRESSION.

JOIN A GROUP AT THE ROWAN WELLNESS CENTER

GROUPS FOR DEPRESSION
- Getting Unstuck
- Defense Against the Dark Thoughts
- Connections in Color
- Radically Open-DBT
- Grief

GROUPS FOR SKILLS
- DBT
- Radically Open-DBT
- BRIDGE (relationships)
- Body Kindness
- Defense Against the Dark Thoughts
- KORU

GROUPS FOR SUPPORT
- A Life of Substance
- LGBTQ+
- Queer Collective @ SJICR
- General Therapy
- Connections in Color
- You First
- Living Social
- Grief

GROUPS FOR ANXIETY
- Anxiety Toolbox
- ACT on Anxiety
- General Therapy
- KORU
#wellbeing Hacks

When college life, adulting, or just wanting to be a better you comes your way, come draw from the "Wells of Wellbeing" hosted by the Wellness Center. Workshops average 4 sessions. Inquire at Counseling and Psychological Services.

**#wellbeing Hacks**

**DEFENSE AGAINST THE DARK THOUGHTS**
TUESDAYS 2:00-3:00PM

**KORU**
WEDNESDAYS 11:30AM-12:30PM
Mindfulness

**ROWAN UNIVERSITY WELLNESS CENTER**
**WINANS HALL**
**856.256.4333**

**BRIDGE**
MONDAYS 4:30-5:30PM
TUESDAYS 11:00AM-12:00PM
Healthy Relationships

**BODY KINDNESS**
WEDNESDAYS 5:00-6:30PM

**GETTING UNSTUCK**
THURSDAYS 4:30-5:30PM
FRIDAYS 12:30-1:30PM
Depression

**YOU FIRST**
WEDNESDAYS 3:30-5:00PM
First Generation Support

**ANXIETY TOOLBOX**
TUESDAYS 9:00-10:00AM
WEDNESDAYS 10:00-11:00AM
DEFENSE AGAINST THE DARK THOUGHTS

#WELLBEING HACKS

A WORKSHOP FOR ALL WIZARDS WHO WISH TO MASTER THEIR O.W.LS IN RESILIENCY, SELF-ACCEPTANCE AND STRESS MANAGEMENT.

TUESDAYS 2-3PM
SCIENCE HALL ROOM 252

CONTACT JOHNSONLN@ROWAN.EDU FOR MORE DETAILS
The Queer Collective at SJICR is a space for members of the LGBTQIA+ community offered by the LGBTQIA+ Center and Counseling and Psychological Services. This space offers LGBTQIA+ students and allies the opportunity to build community, lend support, and create connections with one another.

Every Wednesday starting on 9/12
11:00 AM – 12:30 PM

LGBTQIA+ Center,
Hawthorn Hall 214
Fostering and Advancing Mental Health & Emotional Well-Being Among Students of Color

F.A.M. is a network of Rowan University faculty and staff that fosters and advances the mental health and emotional well-being among self-identified students of color of Rowan University.

Through this network, students will have the opportunity to engage in monthly U Good F.A.M. dialogues, while also having access to mental health liaisons for ongoing guidance, support and referrals to the Wellness Center if needed.

STUDENT DIALOGUES

WHERE:
Hawthorn Hall Rm 215

WHEN:
7:30 p.m.

DATES:
10/3, 11/7, 11/28

FOOD WILL BE PROVIDED!

For more information, please contact:
Kha Sadler, Psy.D
Counseling & Psychological Services
Mental Health Clinician
sadlerk@rowan.edu
(856) 256-4084