

Create Your Own Calm

This group is based on components which are designed to increase skills in mindfulness, identifying and managing difficult emotions, and building healthy relationships. The sessions are designed to teach students skills in these areas in a structured and supportive environment.



In Create Your Own Calm (Tuesdays, 2:30-4pm; rolling 4-week groups starting 1/31, 3/7, & 4/11), group members and the counseling center facilitator will build skills to:

- Feel calm and focused in the present
- Be in control of strong emotions
- Better navigate challenges and distress
- Seek happiness in everyday life

Want to join or learn more?
Contact us at:



Marquette Counseling Center

Holthusen Hall, 2nd floor

<http://www.marquette.edu/counseling>

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