

COUNSELLING AND PSYCHOLOGICAL SERVICES

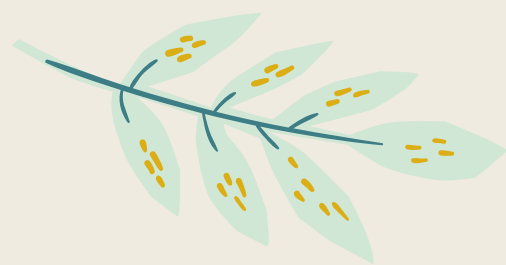
# MINDFUL MONDAYS

Invest 60 minutes to nurture a more relaxed you,  
every day!

Explore ways to manage your stress, learn &  
practice simple everyday skills of Mindfulness &  
Meditation.

Whether you are new to meditation or whether  
you meditate regularly and wish to try a group  
vibe, join us.....

Open to staff & students.



**MONDAYS, | 5:30 - 6:30pm |**

signs of the island being brought back to life an

**Mindful Monday takes place at the**  
**Computer Lab East, at the Learning**  
**Resource Center**