Connecticut College
Student Counseling Services

Foundations in Mindfulness:
8 week remote drop-in series

Each week students will learn about and practice basic mindfulness techniques as well as explore a range of mindfulness topics including:

- Coping with COVID-19
- Mindful & Healthy Eating
- Nourishing Healthy Sleep
- Mindful Athletic Performance
- Relaxation & Calming Techniques
- Mindful Test-Taking & Studying
- Making Time for Self-Care
- Coping with Stress & Fear

TUESDAYS 2PM TO 3PM
FEBRUARY 23 TO APRIL 13
NO ON-GOING COMMITMENT REQUIRED; DROP-INS ARE WELCOME

Zoom Link:
HTTP://BIT.LY/2LZBJR7
Meeting Passcode: 96302298157