



STUDENT COUNSELING SERVICES

MINDFULLY COPING DURING COVID-19 AND QUARANTINE: A WEEKLY REMOTE DROP-IN SERIES

While quarantine is an important pandemic response, it also presents new challenges. Feeling distressed and wanting to develop new coping strategies during COVID-19? Drop-in to the Counseling Services weekly remote mindfulness series! This series does not require any on-going commitment - join when you can!



A counselor will share weekly mindfulness, meditation, and relaxation exercises, strategies for healthy coping, a space for students to share their quarantine experiences and coping strategies, as well as provide takeaway coping materials.

**Tuesdays starting September 1, 2020
4pm to 5pm**

**Email scs@conncoll.edu for the webex invitation;
use subject line "Mindfully coping during COVID-
19 and quarantine"**