Mindfulness Meditation & Yoga Group

For students who want to:
- practice mindfulness
- increase their awareness of current thoughts, emotions, behaviors, or life situations
- challenge unhelpful thoughts
- learn skills to better cope with depression, stress, and/or physical pain

**Tuesday**

3:30pm – 5:00pm

2/12 – 3/12 and 4/2 – 4/30

Facilitated by Carolina Villar-Mendez, L.C.P.C. and Evan Fertel, M.A.