

Kindfulness: A Kind Approach to Mindfulness

Counseling Services

Workshops are held Wednesdays from 1:30pm to 2:30pm - Location: KUC 322

Learn how Kindfulness can help:

Boost concentration and focus

Better manage difficult emotions

Reduce stress

Find joy in everyday life

Kindfulness Meditation Practice Dates

9/4	10/23
9/11	10/30
9/18	11/6
9/25	11/13
10/2	11/20
10/9	11/27
10/16	12/4

PLEASE NOTE: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

If you have any questions, please contact Blake.Rowlett@mtsu.edu

CRISIS LINE: 988

1-800-273-TALK (1-800-273-8255)