

COUNSELING SERVICES PRESENTS

MINDFULNESS MOMENTS

LEARNING SKILLS TO HELP MANAGE EMOTIONS

THURSDAYS AT THE CHAPEL FROM 11:30AM-12:00PM.

FOOD & REFRESHMENTS PROVIDED

SEPTEMBER 2022



SEPTEMBER 8TH	INTENTION SETTING
SEPTEMBER 15TH	UPLIFTING YOUR ENERGY
SEPTEMBER 22ND	HEART HEALING
SEPTEMBER 29TH	THE POWER OF CONNECTION & ONENESS

OCTOBER 2022



OCTOBER 13TH	RIDING THE WAVE
OCTOBER 20TH	VIBRATION: SPEAKING THINGS INTO BEING
OCTOBER 27TH	MINDFUL EATING

NOVEMBER 2022



NOVEMBER 10TH	ANCHORING: LEARNING TO USE BREATH
NOVEMBER 17TH	VISUALIZATION

DECEMBER 2022



DECEMBER 8TH	MANIFESTING WHAT YOU WANT
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