

Mindfulness for Stress Reduction

Stress is a major cause of psychological and physical distress. The practice of Mindfulness has been shown in numerous studies to reduce stress, anxiety, depression, insomnia, and increase happiness & health.



Skill-building 3-week workshop

You will develop a personal mindfulness practice and take a significant empowered step towards greater well-being.

Thursdays – October 14th, 21st, and 28th

2:00pm-3:00pm

remote workshop with Rachel Lee via Zoom

The workshop has limited availability, so sign up soon!

Sign up by contacting: counseling@mariacollege.edu