

COUNSELING SERVICES
SPRING 2024

Calming the Storm

Improve your life with DBT skills
Learn mindfulness, effective
communication and emotion regulation

EVERY WEDNESDAY STARTING FEB. 14

1:00PM - 2:15PM

MIDRISE 113

EMAIL COUNSELING.SERVICES@MARIST.EDU
OR CALL 845-575-3314
FOR MORE INFO OR TO SIGN UP