

COUNSELING SERVICES
SPRING 2025

Calming the Storm

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

WEDNESDAYS STARTING FEB. 19

1PM - 2:15PM

MIDRISE 113

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