



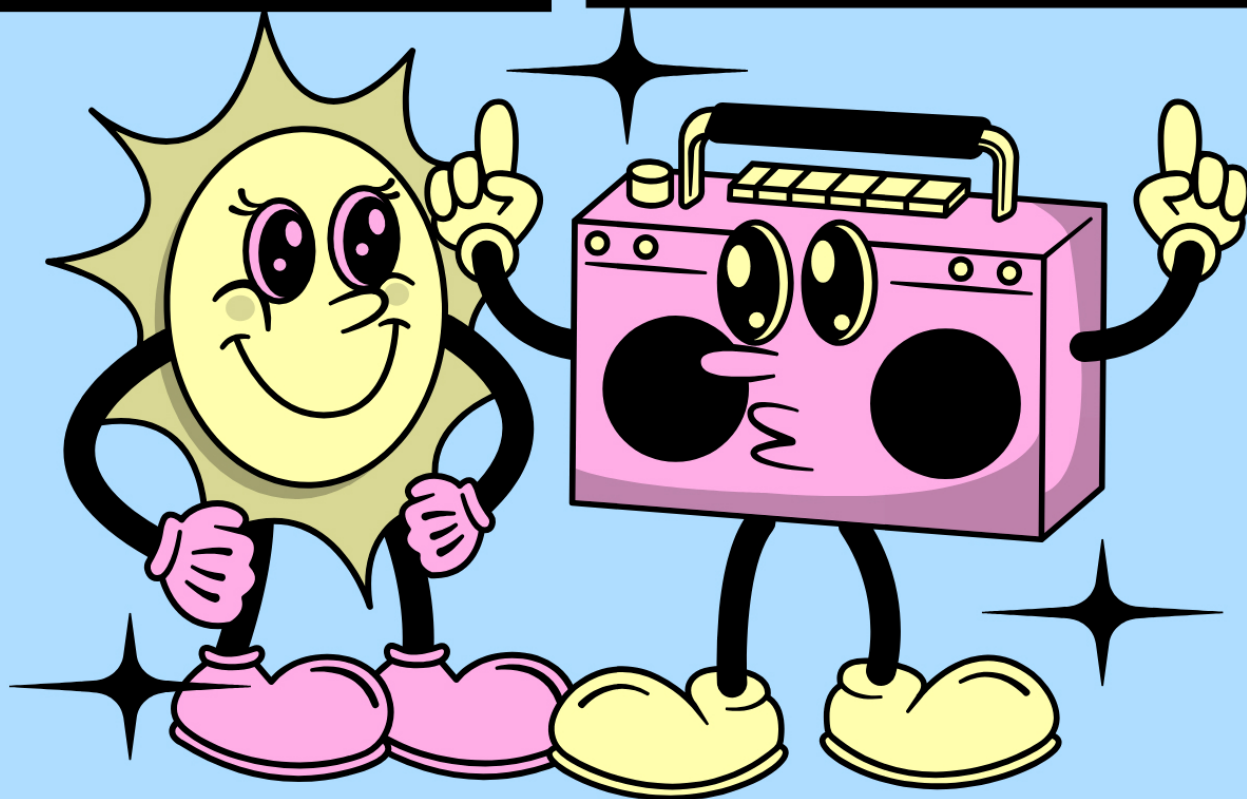
**MARIST COUNSELING SERVICES**

# SELF CARE DROP IN

**MONDAYS  
12-1**

**STARTS JAN 22ND**

**MIDRISE 113**



**DROP IN SESSION**

**MINDFUL PRACTICES**

**SELF CARE  
RESOURCES**

**FUN ACTIVITIES EVERY WEEK**

**MARIST COUNSELING SERVICES: MIDRISE 113  
EMAIL: [COUNSELING.SERVICES@MARIST.EDU](mailto:COUNSELING.SERVICES@MARIST.EDU)**

