



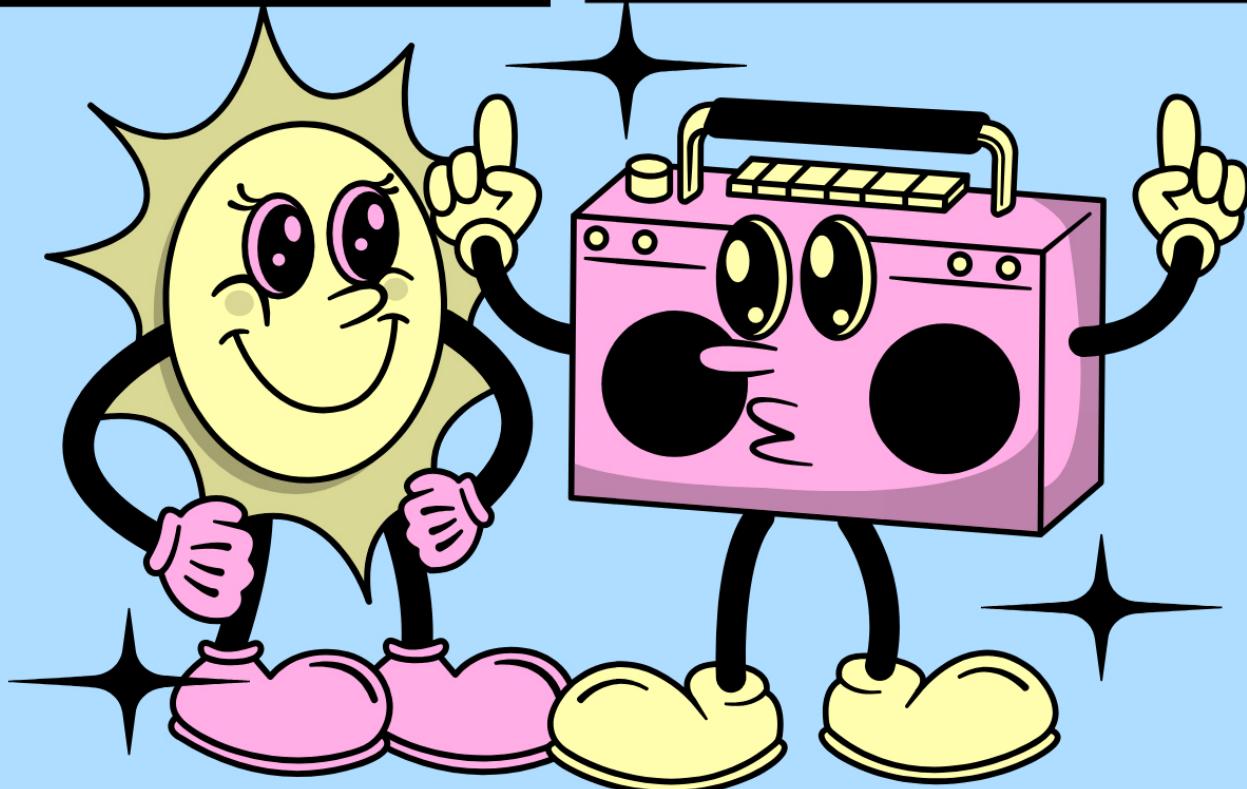
MARIST COUNSELING SERVICES

SELF CARE DROP IN

STARTS JAN 22ND

MIDRISE 113

**MONDAYS
12-1**



DROP IN SESSION

MINDFUL PRACTICES

**SELF CARE
RESOURCES**

FUN ACTIVITIES EVERY WEEK

**MARIST COUNSELING SERVICES: MIDRISE 113
EMAIL: COUNSELING.SERVICES@MARIST.EDU**

