



MINDFULNESS & GRATITUDE ACTIVITIES FOR THERAPY

featuring:

Amanda Mole', LCSW-QS

Kenya Grimsley, BSW Student

Melody Orozco, BSW Student

In-Person Workshop

Register Below
or Click Here!

March 31, 2:00pm
in the MHC Atrium



SCAN

Virtual Workshop

Register Below
or Click Here!

April 1, 6:00pm
via Teams



SCAN