

UPCOMING WORKSHOP:

# Gratitude & Mindfulness in Practice

WITH AMANDA MOLE

✦ + AND MSW STUDENT MICHAEL URICK ✦

School of Social Work faculty, Amanda Mole, will be presenting this workshop to teach gratitude games that can be shared with clients or to use for yourself!

WHEN:

**WED, NOVEMBER 19TH 2025  
12:30PM - 1:30PM**

WHERE:

**MHC Atrium or  
join us virtually!**



SCAN ME!

  
**UNIVERSITY of  
SOUTH FLORIDA**  
College of Behavioral &  
Community Sciences  
School of Social Work

