

Kindfulness: A Kind Approach to Mindfulness

Counseling Services

Please note these are only for MTSU students. Workshops are held Mondays from 11:00am to 12:00pm - Location: KUC 322

Learn how Kindfulness can help:

Boost concentration and focus

Better manage difficult emotions

Reduce stress

Find joy in everyday life

Kindfulness Meditation Practice Dates

2/5	3/18
2/12	3/25
2/19	4/1
2/26	4/8
3/11	4/29

PLEASE NOTE: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

If you have any questions, please contact Blake.Rowlett@mtsu.edu

CRISIS LINE: 988

1-800-273-TALK (1-800-273-8255)