

**counsellor@sta.uwi.edu**

**Free, strictly confidential  
student service, open all year.**

**Appointments available  
Mon to Fri, 9-5pm  
online or face to face  
main campus & Mt Hope**



BECAUSE

EVERY  
MIND  
MATTERS





# FIND YOUR balance MINDFUL MONDAYS

LEARN RELAXATION & MINDFULNESS STRATEGIES,  
TRY SIMPLE MEDITATIONS TO UNWIND.

5:30-6:30PM  
LRC COMP lab EAST

**SafeSpaceUWI@gmail.com**

