



EVERY  
MIND  
MATTERS

The Counselling &  
Psychological Service



# MINDFUL MONDAYS

for meditation & relaxation

## Open to staff & students

Invest 60 minutes to nurture a more relaxed you, every day!

Mondays during the semester, 5:30 – 6:30 pm

Explore ways to manage your stress

Learn & practice simple everyday skills of mindfulness & meditation

Whether you are new to meditation or whether you meditate regularly  
and wish to try a group vibe, join us!

Hosted in Zoom

Persons can open the Zoom app and can use the below credentials to join the session

Meeting ID: 876 2737 7923

Passcode: 150562