

# MINDFULNESS WORKSHOP

**FACILITATED BY:**

**POINT PARK  
UNIVERSITY  
COUNSELING  
CENTER**

Feeling stressed, anxious, overwhelmed?  
Having difficulty connecting with friends?  
Join us at either location.

We will explore topics, like:

- Mindfulness
- Tolerating distress
- Managing emotions
- Healthy relationships

**Mondays 4 - 5pm**  
**University Counseling Center**  
**5th Floor Lawrence Hall**

**Thursdays 1 - 2pm**  
**Room 511 West Penn**

**OPEN TO ALL  
STUDENTS**

**FREE**

**NO  
REGISTRATION  
NEEDED**

**CONFIDENTIAL**

**COME ONCE OR  
AS OFTEN AS  
YOU WOULD  
LIKE**

**TWO LOCATIONS**