

# SUNY BROOME

## COUNSELING SERVICES

### WELLNESS SERIES 2020

## Mindful Monday

Join Counseling Services for one or all of  
6 Mindfulness Workshops throughout the semester

11am – 12pm

9/14, 10/5, 10/19, 11/2, 11/16 and 11/30

You do not have to attend all 6 sessions

Each one will be unique in helping you to learn skills that may help with stress, emotion management and overall well-being

Join Zoom Meeting

<https://zoom.us/j/93609836093?pwd=akhNVGRYaXBCcC9BRi8xak5vdGI5Zz09>

Meeting ID: 936 0983 6093

Passcode: 639126

## Wellness Wednesday

Join Counseling Services for one or all of  
10 Wellness Workshops throughout the semester

2pm – 3pm

9/9, 9/23, 10/7, 10/14, 11/4, 11/18,

5:30pm - 6:30pm

9/16, 10/21, 12/2

And Saturday 11/14 at 11:00am

You do not have to attend all 10 sessions

Each one will be unique in helping you to learn skills that may help with stress, emotion management and overall well-being

Join Zoom Meeting

<https://zoom.us/j/99922935050?pwd=anhjUFpmbFRiV3pSVGJ1cHUrcEIDUT09>

Meeting ID: 999 2293 5050

Passcode: 645225