

Presented by the College of Education and the Counseling Center

MENTAL HEALTH FOR TEACHERS

Learn more about stress reduction, boundary setting, and self-compassion, as well as mindfulness for teachers and students

NOVEMBER 12 | 4 - 5 PM
ROOM 162, COLLEGE OF EDUCATION

RSVP at <https://forms.gle/qFWisiZmVihnDYj87>