Mindfulness for Stress Reduction and Anxiety
Fall 2019

Wednesdays
12:00pm-1:00pm
JDUC room 135

WELLNESS GROUPS

One-time and multi-session groups for students, led by professional healthcare providers.

*Can attend any single session or for maximum benefit, attend all 6.

To register:
queensu.ca/studentwellness

- Learn theory and practice of Mindfulness Based Stress Reduction; a clinically proven program for alleviating anxiety, panic and depression.
- Learn to focus on present moment to permanently change the way you handle stress.
- Practice formal and informal mindfulness techniques.