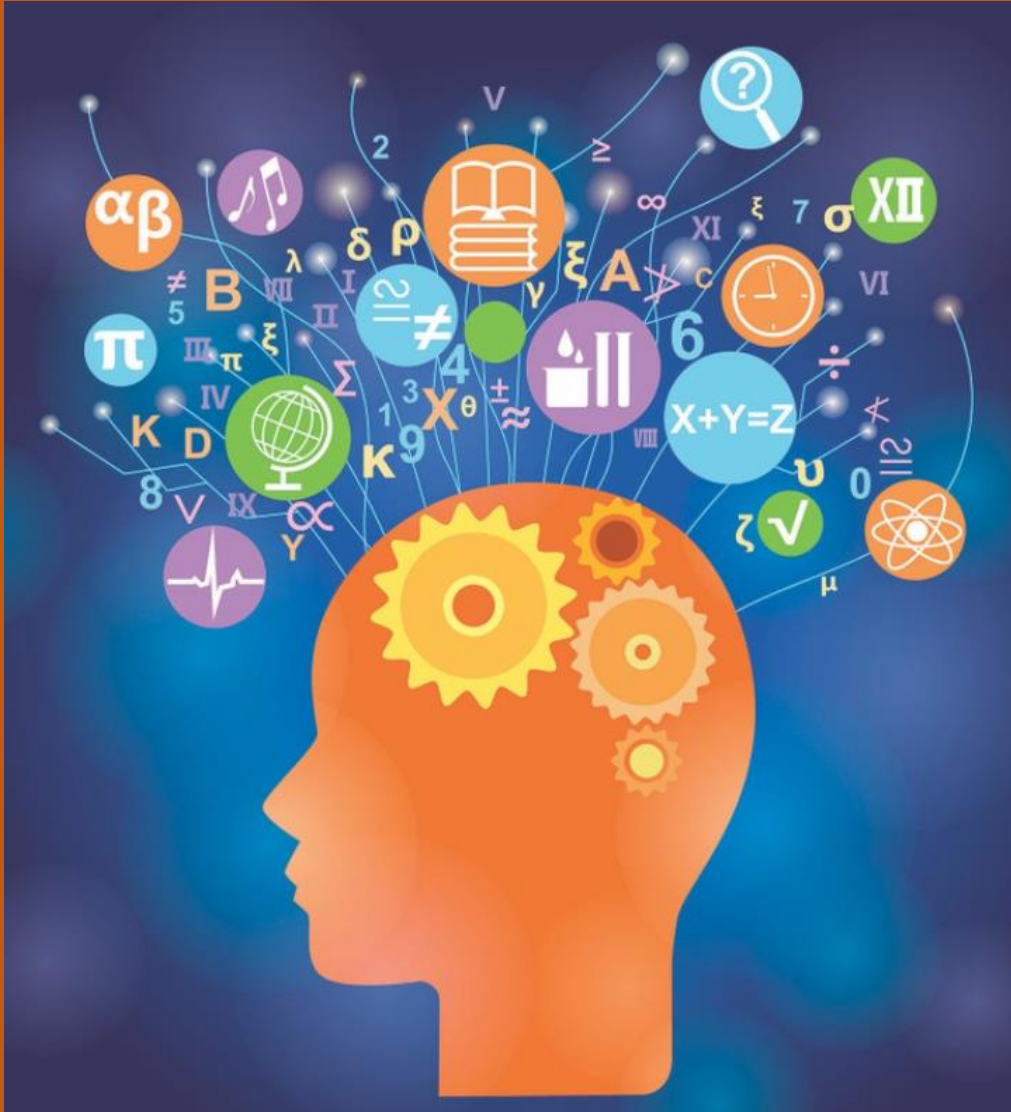


Tame Your Mind

- Quiet Negative Ruminating Thoughts
- Find Peace
- Redirect Your Focus on What Matters



- Join Us on Thursdays
- Meets on February 10th - March 24th (No meeting March 17th)
- 3:00 – 4:00 PM @ CAPS office, MFFSC 2059
- If you or someone you know are interested, please contact CAPS at counseling@snc.edu or call (920) 403-3045.
- Use this QR code to send an email and sign up for *Tame Your Mind* group!

