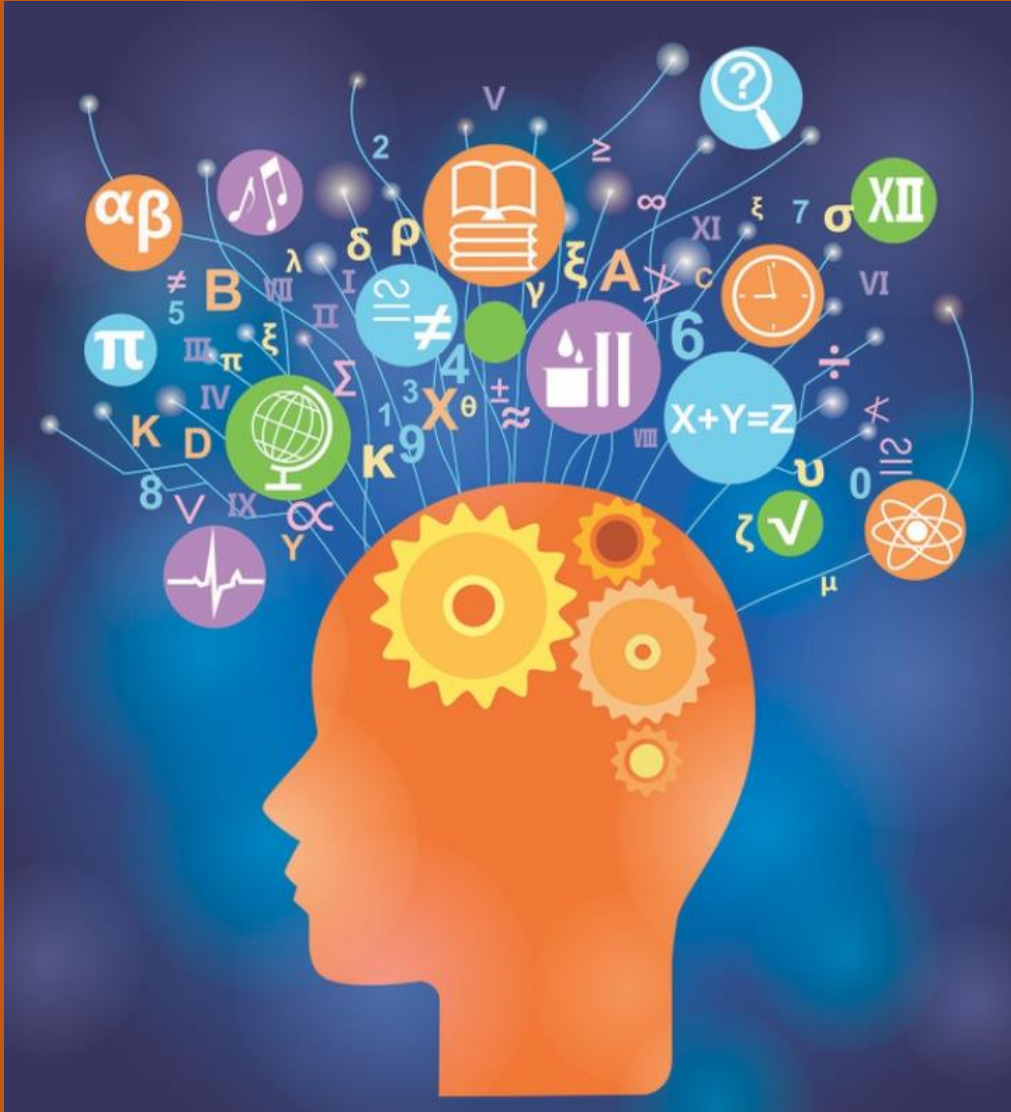


# Tame Your Mind

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



- Join Us on Tuesdays
- Meets October 12<sup>th</sup> to November 16<sup>th</sup>
- 3:30 – 4:40 PM @ CAPS office, MFFSC 2059
- If you or someone you know may be interested, please contact CAPS at [counseling@snc.edu](mailto:counseling@snc.edu) or call (920) 403-3045.
- Use this QR code to send an email and sign up for *Tame Your Mind* group!

