Tame Your Mind

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

Join Us on Tuesdays
Meets October 12th to November 16th
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 or call (920) 403-3045.
Use this QR code to send an email and sign up for Tame Your Mind group!