

Brought to you by The Peer Fellow Program at the Counseling & Student Development Center
Funded in part by the Student Activity & Program Fee Board

Mindful



Moments

Managing Your Emotions

Wednesday,
April
30th



10 AM
to
1 PM



Campus
Center
Courtyard



Join us in learning about identifying, navigating, and expressing your emotions!

Activities Include:

- Journaling
- Painting
- Potting Plants
- Trivia
- Free Food & Drinks!

For questions,
please call us at: (808) 956-7927!