

Grays Harbor College MINDFULNESS WORKSHOPS

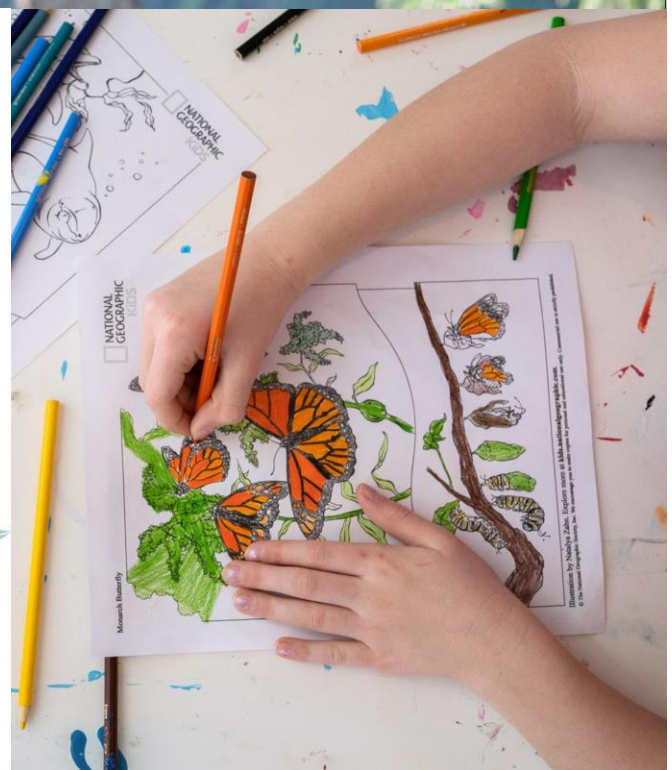
TUESDAYS

Join us every week for mindfulness activities! The weekly workshops are open to students, staff, and faculty as a space for self-care through mindfulness. New activities weekly that may include journaling, yoga, painting, coloring, meditation, breathing techniques, TED Talks, writing prompts, STEM exercises, and more!

11:20-12:20PM IN ROOM 2203

Stop by the Manspeaker (2000) Building in room 2255 every Tuesday at 11:20am!

BROUGHT TO YOU BY ACCESSABILITY SUPPORT SERVICES



GHC.EDU | 360-532-9020

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Coordinator - Darin Jones, Chief Executive of Human Resources, 360-538-4234 - **Title IX Coordinator** - Kari Collen, Dean of Student Access and Success, 360-538-4121.