

# JANUARY WELLNESS WORKSHOPS AT QSFHT

**MINDFULNESS  
WORKSHOP  
(VIRTUAL)**

**JAN  
15**

**4:00PM-5:30PM**

**SELF ESTEEM  
WORKSHOP  
(CHINGUACOUSY  
LIBRARY)**

**JAN  
16**

**2:30PM-4:00PM**

**COPING WITH  
STRESS  
(CYRIL CLARK  
LIBRARY)**

**JAN  
19**

**2:00PM-3:30PM**

**ALUMNI GROUP  
(VIRTUAL)**

**JAN  
21**

**4:00PM-5:00PM**

**GRIEF AND  
GRIEVING  
WORKSHOP  
(VIRTUAL)**

**JAN  
28**

**4:00PM-5:30PM**

**SIGN UP FOR FREE  
ON OUR WEBSITE!  
FOLLOW THE LINK IN  
OUR BIO.**