

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.