Mindfulness MEDITATION

FALL 2020  Every Monday @ 12:00 Noon

Join our ZOOM Sessions from PC, Mac, Linux, iOS or Android:

https://cccconfer.zoom.us/j/665808155?pwd=NmVNN0FuY3ppUm1WVFY3U01lUEhidz09

Phone options also available. Click on link for details.

Hosted by the AVC Counseling Center
Led by Counselor/Professor, Dr. De’Nean Coleman-Carew
Contact dcoleman@avc.edu for the Zoom password.