

Mindfulness MEDITATION

SPRING 2021 Every Monday @ 12:00 Noon

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

<https://ccccconfer.zoom.us/j/665808155?pwd=NmVNN0FuY3ppUm1WVfY3U01IUEhidz09>

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.

