

Feeling stressed?

*Take a break and
reset with us!*



Mindful Mondays

Online Stress Reduction Drop-In Group

Join us every Monday for a 30-minute mindfulness session designed to help you reduce stress, stay grounded, and start your week with a calm mind. No experience needed—just bring an open mind and a willingness to try.

Every Monday: February 3 - May 12
12:30 - 1 p.m. | Teams



SCAN TO JOIN

Drop in for one session or make it part of your weekly routine!

Take a moment to breathe, refocus, and feel more centered. We hope to see you there!

For more information, email: counselingservices@alvincollege.edu

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