

TUESDAYS, 3:00-4:30PM



 *Calming
Anxiety with
Nature*

CWC GROUPS 2021

counseling.ufl.edu/groups

 *Calming
Anxiety with
Nature*

CWC GROUPS 2021

 TIME IN NATURE, AS
WELL AS MINDFULNESS
MEDITATIONS, HAVE
BEEN SHOWN TO
INCREASE WELL-BEING
AND HELP WITH
NAVIGATING
LONELINESS, ANXIETY
AND STRESS. 

Call **352-392-1575** (8am-5pm)
to arrange a brief consultation

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