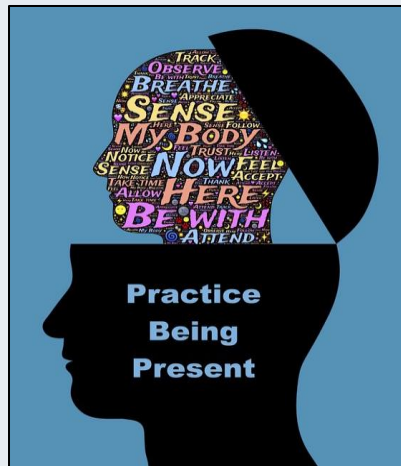




**Starting  
February 27 –  
May 1  
(except Spring  
Break  
March 20)**



**Spring 2025**

**WHEN: Thursdays, 3:00pm – 3:30pm**

**WHERE: Henry Barnard, Room 218**

**Sponsored by**

The Department of Counselor Education & Family Therapy's  
Forum for Contemplative Practices

**In Partnership with**

The Center for Africana Studies, Campus Recreation,  
Counseling & Student Development and Central  
Community Health Education Clinic