OFFICE OF HEALTH PROMOTION

WEEKLY WORKSHOPS
at the Drop In Center

**Mindfulness Meditation**
Mondays 1:00pm - 2:00pm
Open to all who are interested in learning about meditation and developing mindfulness in daily life.

**Tea & Talk**
Tuesdays 11:00am - 12:00pm
An informal gathering to unwind with a cup of tea.

**Recovery Room**
Tuesdays 3:00pm - 4:30pm
An informal group for students who are looking to explore their alcohol and drug use, self-identify as recovering from alcohol and other drugs, or those seeking recovery resources, to network and to support one another in a safe environment while in college.
*People looking to observe in order to fulfill academic requirements will NOT be permitted.

**Studio D.I.Y.**
Wednesdays 12:30pm - 2:00pm
Join us each week for various Do-It-Yourself activities.

**Tea & Talk**
Thursdays 11:00am - 12:00pm
An informal gathering to unwind with a cup of tea.

**Connecting Across Cultures**
Thursdays 3:00pm - 4:00pm
Join us for conversation and an opportunity to make new connections and talk about multicultural experiences at Montclair State University and beyond.

There is no cost to attend. First come, first served.
All Workshops are subject to change.

Visit [www.montclair.edu/hp](http://www.montclair.edu/hp) for more information