

# REGISTRATION NOW OPEN!

## Department of Counselor Education & Family Therapy Student Self-Care & Mindfulness Retreat

**DATE:** Saturday, September 17, 2022

**TIME:** \*Check-in (9:30am); Workshops (10:00am – 3:30/4:00pm)

**LOCATION:** Central Connecticut State University (Begins in Henry Barnard 101-102)

\*Please arrive in a timely manner to check-in and become settled before the workshop begins

Join Counselor Education and Family Therapy faculty and fellow graduate students for a day of exploration and ease filled with opportunities to learn self-care techniques, participate in mindfulness-based exercises, and engage in contemplative practices. Workshops and break-out sessions will be led by various CEFT faculty and guest instructors, which includes an opening session, then choice of yoga or mindful mandala coloring, followed by lunch (with brief mindful eating exercise), then silent walking meditation leading to a crystal bowl sound meditation session. Student participants will also receive a self-care “swag bag” during the closing session of the retreat.

### REGISTRATION INFORMATION

**Registration Fee:** \*\$20 (cash only; non-refundable)

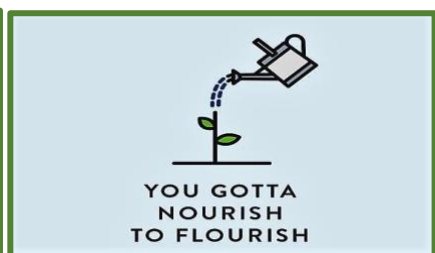
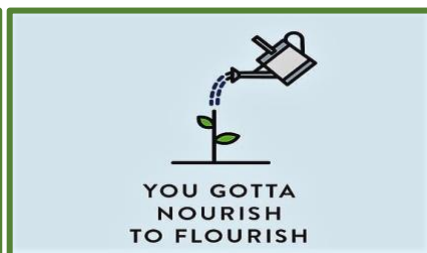
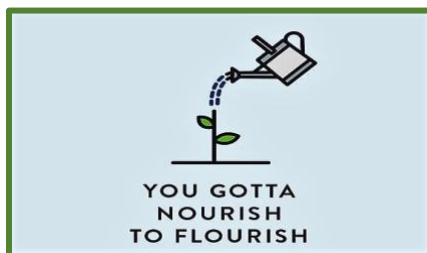
\*Includes choice of lunch items off the Memorial Dining Hall's [menu](#) & cover guest presenter stipends

**Register:** Registration fee must be paid in person directly to Marian Rosario

**Participants:** Space is limited to the **first 40 CEFT students who pay in full** (“first pay/first in”)

**Registration Deadline:** 12:00pm (noon) on Friday, September 9, 2022

**NOTE:** Please bring your own yoga mat or blanket



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[Chi Alpha Mu Chapter](#) of Chi Sigma Iota Counseling Honor Society

#### SUPPORTED BY

[Department of Counselor Education and Family Therapy \(CEFT\)](#) & [The Forum for Contemplative Practices](#)

#### CONTACT INFORMATION

**Registration/Payment:** Marian Rosario (Henry Barnard Hall 225; 860-832-2154; [marian.rosario@ccsu.edu](mailto:marian.rosario@ccsu.edu))

**General Questions:** Dr. Reginald W. Holt (Henry Barnard Hall 225; 860-832-2138; [rwholt@ccsu.edu](mailto:rwholt@ccsu.edu))