



THE SHRIVER CENTER AND
THE UMBC FRANCE-MERRICK
SCHOLARSHIP PROGRAM BRING YOU

MINDFULNESS SESSIONS



**SATURDAYS, NOV 21 - DEC 19, 2020 (5 SESSIONS)
3:30-4:15 PM
GOOGLE FORM SIGN-UP LINK: [RB.GY/NYNWW6](https://rb.gy/nynww6)**

Come build resiliency and a sense of peace during difficult times with mindfulness facilitator and UMBC alum Phillip McKnight. These weekly mindfulness sessions will help students learn skills to work with stress and anxiety related to school/exams, current political and social climate, and stresses caused by the pandemic. Participants will learn techniques based in the science of mindfulness to help gain a sense of control, balance, and peace in the midst of the current global situation. All UMBC students are welcome! Attend one session or all! SPACES ARE LIMITED!



Mindfulness Coach - Phillip McKnight

Phillip is a Baltimore- area mindfulness facilitator who is committed to helping people learn the practices of mindfulness to build resiliency, reduce stress, and live a happier life. Phillip is a Mindfulness Meditation Teacher Certification Program Participant, former UMBC Shriver Peacemaker Fellow (2017-2019), Returned Peace Corps Volunteer (Jamaica), Mindfulness Coach with Chesapeake Mental Health Collaborative, and Nature Therapy Guide with Nature Worx.

Connect with Phillip's Mindfulness Offerings [here](#) & [here](#)!