



Are you looking for a better understanding of meditation?

Are you seeking a better understanding of your emotional and mental wellness?

Are you a person in some type of recovery and need support?

My Name is Brandon Whitehouse and I am the Collegiate Recovery Coach at Concord University and I am here to help. I have started a new Recovery, Wellness and Meditation Zoom meeting to assist students with the stress of everyday life. This meeting will focus on Meditation Techniques, Awareness of Emotional & Mental wellbeing and provide Recovery Support.

So, if you are interested in finding better meditation techniques to calm your racing mind. Find a new awareness of your emotional & mental wellbeing or need a safe place to find support contact Brandon Whitehouse at : bwhitehouse@concord.edu or 304 800 6118

<https://www.facebook.com/CollegiateRecovers>

This meeting will be held every Monday at 2 p.m. The zoom link is below.

Brandon Whitehouse is inviting you to a scheduled Zoom meeting.

Topic: Recovery/Wellness & Meditation 101 (Happy Hour)

Time: This is a recurring meeting, Mondays at 2pm.

Check out the Collegiate Recovery Network on Facebook, <https://www.facebook.com/CRNWV>

Join Zoom Meeting

<https://shcmhc.zoom.us/j/96115351375?pwd=TVewcHUrOWNSQ0xrVINHQjBOaWhDdz09>

Meeting ID: 961 1535 1375

Passcode: 370642

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Find your local number: <https://shcmhc.zoom.us/u/aDilwdJhA>