



G. A. T. S

Creative Arts Therapy Sessions

Weekly group activities involving
mindfulness and self-care

Thursdays @ 4:00-5:30 pm

1/29/26 - 4/9/26

**Honors Building (Mason Hall East)
Room 114**

Contact kcuthrell@jsu.edu or jrallen@jsu.edu for more info



Join Counseling
Services Campus
Groups to Register!