



CCNY Counseling Center

SPRING '26 COUNSELING GROUPS

Mindfulness Meditation

Mondays 3:00pm to 4:00pm
02/23-05/18



RSVP Link:
[https://www.surveymonkey.com/r/NR
SJB8M](https://www.surveymonkey.com/r/NR SJB8M)

Social Connections

Thursdays 12:30pm to 1:30pm
02/5-05/14



RSVP Link:
<https://www.surveymonkey.com/r/NRP3CYS>

Surviving and Thriving in College

Tuesdays 12:30pm to 1:30pm
02/03-05/12



RSVP Link:
<https://www.surveymonkey.com/r/JVXZCQ3>

The City College
of New York



Division of
Student Affairs