A weekly skills group for anyone who experiences anxiety, stress, or would like to learn how to use mindfulness and meditation to improve their overall mental health, based on Mindfulness-Based Stress Reduction (MBSR).

Tuesdays from 3 - 4 pm EST
In-Person at the SCC

To join the mindfulness group, contact the Student Counseling Center for a brief assessment:
865-974-2196
counselingcenter@utk.edu