MINDFUL AMBASSADORS: LOOKING FOR NEW AMBASSADORS 2020-'21 ACADEMIC YEAR

Reduce Your Stress and Help Others do the Same

Mindful Ambassadors is a University of Arizona student volunteer group which works under Campus Health Service, Counseling & Psych Services (CAPS). Ambassadors are taught mindfulness skills for their own use and are trained to lead sessions on campus, sharing these skills and techniques with others in a variety of campus settings.

Mindful practice can sharpen your mind, renew your energy and help you relax and manage stress. These skills have been found in research to promote better thinking, better health, and more positive relationships.

Who Should apply: University of Arizona students with an interest in mindfulness, a curiosity to learn, and a willingness to be part of a group which shares these skills with other UArizona students. Mindful Ambassadors attend weekly meetings throughout the school year. Meetings and presentations may occur either on campus or virtually. No prior background in mindfulness is necessary.

To learn more or to register:
Melissa Keller, LCSW, Mental Health Clinician (CAPS), Mindful Ambassadors Program Coordinator
Email: mfk2@arizona.edu
CAPS Phone Number: (520) 621-3334
Include your full name, department affiliation and class standing, and any prior background in mindful practice (if any).

CAPS Website: https://health.arizona.edu/mindful-ambassadors
Instagram: @ua.be.mindful
Facebook: @ua.be.mindful

MINDFUL AMBASSADORS
COUNSELING & PSYCH SERVICES