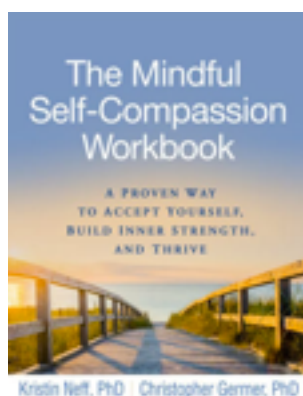


STRESS MANAGEMENT/ SELF-PRESERVATION WORKSHOP SERIES

- For Graduate and Professional School Students
- Learn to use mindful self-compassion as an effective stress management strategy
- Engage in relaxation & mindfulness
- Participants are welcome to attend one or both workshops
- Based on the work of researchers Kristin Neff, Ph.D. & Christopher Germer, Ph.D.



This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call CAPS central office at (858) 534 - 3755 to arrange an appointment.



Facilitated by:
Christina Lambert Ph.D.
CAPS Psychologist
[https://caps.ucsd.edu/
groups.html](https://caps.ucsd.edu/groups.html)

Winter 2019
Wednesdays, 1 - 2 pm
Feb 20 & Feb 27
GSA Grad Lounge
Original Student Center
(by Triton Food Pantry &
Art of Espresso)