

Step 1 Support

A Series for MS2s



March 6 | Wednesday

12:15 - 1:45 PM | MET 323

Goal Achievement Strategies

Resilience Tips

Mindfulness for Stress Management

March 13 | Wednesday

12:15 - 1:45 PM | MET 323

Developing Healthy Thought Patterns

Capitalizing on Strengths

Mindful self-compassion

March 20 | Wednesday

12:15 - 1:45 PM | MET 321

Cultivating Confidence

Peak Performance Method

Mindful Visualization

**FEEL FREE TO
ATTEND
ANY OR ALL
WORKSHOPS**

*Drop in.
Feel Better.
Perform Better.*

ANY QUESTIONS?

Contact Christina Lambert, PhD | (858) 534-3035

THIS MEETING IS NOT PROFESSIONAL COUNSELING.

IF YOU WOULD LIKE PROFESSIONAL COUNSELING OR MENTAL HEALTH TREATMENT, PLEASE
CALL THE CAPS CENTRAL OFFICE AT (858) 534-3755 TO ARRANGE AN APPOINTMENT.