FLOURISH @ UC San Diego

FALL 2016

What is FLOURISH @ UC San Diego?

• An introduction to relaxation and mindfulness
• Increase understanding of flourishing via social connections and self-compassion
• Improve self-care

Come Join Us On!

Day: Tuesdays Week 3-8
Time: 2:00-3:00 PM
Location: Sixth College (Pepper Canyon Hall) Academic Programs, Rm 248 Annex Conference

Topics & Dates

10/11: Stress Management – part I
10/18: Stress Management – part II
10/25: Stress from Loneliness & Improve Social Connections
11/1: Mindfulness
11/8: Self-Compassion
11/15: Self Care

Workshops are facilitated by:
Dr. Niyatee Sukumaran & CAPS Wellness Peer Educator, Sharon Liou.

For Questions: Contact Dr. Niyatee Sukumaran at (858) 534-3456.

Please Note: This educational workshop is NOT counseling or psychotherapy. If you would like counseling or psychotherapy please call our central office at (858) 534-3755.