

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.



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