Peace of Mind
(Drop-In Workshop)

Learn how to reduce stress more effectively and reach your optimal potential at UC San Diego and in life. This group is offered on Fridays starting on 10/9/15, and there is no sign-up necessary. You can attend one, some, or all sessions.

**Fall 2015: Topic Schedule:**

10/9/15: Learn skills to reduce suffering & increase happiness
10/16/15: Help to decrease emotional arousal and increase attention
10/23/15: Develop effective communication skills
10/30/15: Learn how to ask for what you want and say “no”
11/6/15: Discuss the importance of emotions
11/13/15: Build strategies to help overcome emotional suffering
11/20/15: Work towards accepting reality and decreasing distress
12/4/15: Learn the benefits of self-soothing when distressed

**Date:** Fridays  
**Time:** 12:30-1:30pm  
**Location:** Serenity Room @ CAPS Central Office (190 Galbraith)

**Please direct questions to:**
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