



Join us at
Graduate
Student Lounge
in the "Old"
Student Center
by Mandeville
Coffee Cart
Tuesdays,
12-1:00 pm,

April 4th- May 23rd

CULTIVATE COMPASSION **KIND MIND**

Mindful Self-Compassion for Graduate & Professional School Students

"Kind Mind was one of the most personally transformative workshops I have participated in this year." -6th Year Biochemistry Ph.D. Student

FREE MINDFULNESS WORKSHOPS FOR
GRADUATE AND PROFESSIONAL SCHOOL STUDENTS

WHO WOULD LIKE TO:

OVERCOME FEAR OF FAILURE

STRENGTHEN RELATIONSHIPS

INCREASE WELL-BEING & INNER PEACE

COMBAT SELF-CRITICISM & PERFECTIONISM

IMPROVE ACADEMIC & CAREER CONFIDENCE

NURTURE KINDNESS INSTINCTS & AUTHENTICITY

Facilitated by Sochanvimean Vanavuth, Ph.D.

This workshop 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.