

Mindfulness for Daily Living

Join us for a drop in group to learn Mindfulness Meditation which will help you to reduce stress and anxiety in your daily life. We will focus on 7 Mindfulness practices for increased well being.

Dates: Oct 7 thru Dec 2 (Fall Quarter)

Time: Wednesdays 3 pm – 4:30pm

Location: Murray's Place at Student Health Center

For more information please contact:

Elise Curry, Psy.D.

(858) 534-2312 (ecurry@ucsd.edu)

caps.ucsd.edu/groups

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.



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