BODY POSITIVITY

Spring 2022: Thursdays 1pm - 2pm
Week 1 (3/31) - Week 10 (6/2) via Zoom

This forum is a supportive space for students who are feeling preoccupied by their body, weight, appearance, and/or relationship with food. Focus will be on learning strategies to improve body acceptance and cultivate self-compassion. Topics will include: intuitive eating, challenging self-critical thoughts, and mindfulness. This is a drop in forum and students are welcome to join each week or as able. No prior screening is required.

Contact: Sarah Bromley, LCSW; sebromley@health.ucsd.edu
Zoom: https://uchealth.zoom.us/j/89657165349

These meetings are 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.