

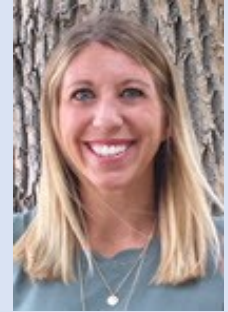
MONDAYS

Coping During COVID-19

Week 2-10 | Time: 1:00-2:00 PM

These are unprecedented times and you may be feeling overwhelmed, stressed, isolated, depressed, and/or anxious at times. This workshop aims to help students manage those difficulties and develop coping skills to increase resilience and well-being during this pandemic.

<https://uchealth.zoom.us/j/97285776476>



Carly Knauf, Psy.D.

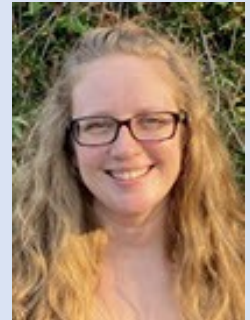
WEDNESDAYS

Wellness Wednesdays

Week 2-10 | Time: 1:00-2:00 PM

Join us in learning care strategies and stress management amidst the challenges and adjustments this quarter may bring. This Dialectical Behavioral and Self-compassion based seminar is offered every Wednesday during the Fall 2020 quarter.

<https://uchealth.zoom.us/j/96642941761>



Danielle Hanley, Psy.D.

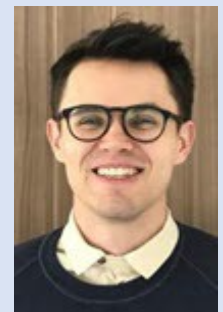
THURSDAYS

Mindful Thursdays

Week 2-10 | Time: 3:00-4:00 PM

Join us for this introduction to mindfulness workshop. You can expect didactic content on the nature of mindfulness, formal and informal practices, as well as group discussions.

<https://ucsd.zoom.us/j/98165877130>



Tyler Hatchel, Ph.D.



CAPS Drop-In Workshops are open to all currently registered UCSD students.
No appointments needed — simply show up and enjoy!
These workshops also qualify for Wellbeing Leadership Award through The Zone.
These workshops are not professional counseling or psychotherapy.

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