Let’s RISE Together
Winter 2022

Social Justice Self-Compassion Mindfulness Hour

Fridays 2:30–3:30 PM (Even Weeks 2–10)
with David Diaz, PhD

https://uchealth.zoom.us/meeting/register/tZclf-ivrDksG9Hzd-VMMnUtabwNx2WAF064R

A space to discuss and connect with one another on personal, college, and societal level social justice concerns/experiences while also attending to our well-being through guided self-compassion mindfulness exercises.

RISE workshops are open to all currently registered UC San Diego students. 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.