

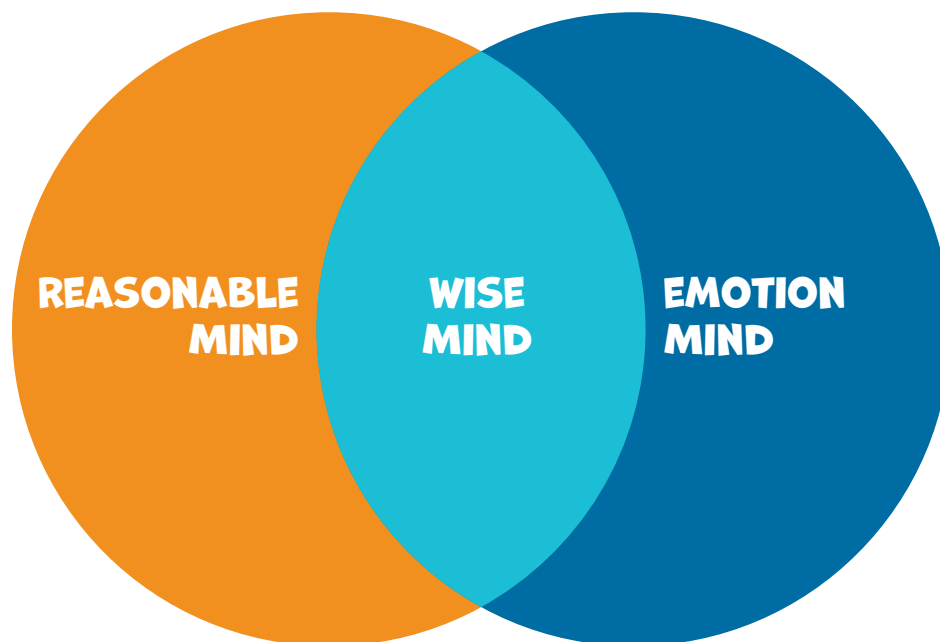
WELLNESS THURSDAYS

Weeks 2-10, Thursdays 3–4 PM (Except April 8)

<https://ucsd.zoom.us/j/5043791505>

Join me on a journey to explore and learn the skills to manage your thoughts and feelings and make positive changes in your life! That sounds like a lot, so how do we go about meeting these goals? We do so by learning about mindfulness, developing distress tolerance and skills for interpersonal effectiveness. If you would like to make positive changes in your life, please join for these next several weeks as we explore each of these issues, skills, and concepts.

This Drop-In Workshop is facilitated by Isabelle Crete, PsyD.



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.

