

THE MINDFULNESS CENTER

COPING WITH COVID CHAOS

THIS FREE WORKSHOP IS DESIGNED TO HELP STUDENTS, STAFF, & FACULTY DEALING WITH THE CHAOS OF COVID-19 GAIN SKILLS TO MANAGE DISTRESS AND LOW MOOD, INCREASE SELF-COMPASSION AND STRENGTHEN RELATIONSHIPS WHILE CONNECTING WITH OTHERS FACING THESE DIFFICULT TIMES.

Module 1: July 1 @ 11-noon

Module 2: July 8 @ 11-noon

Module 3: July 15 @ 11-noon

While we recommend that participants begin with module 1, participants can join at any time.

Zoom information will be provided after registration. To register, go here:

<https://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-registration.php>

For further information please email
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