

Radical Self Compassion for BIPOC* Students

*A SPACE FOR BLACK,
INDIGENOUS,
PEOPLE OF COLOR
STUDENTS

A FREE 2-DAY WORKSHOP

WED. MARCH 16 & 23 11:00AM-12:30PM

REGISTER FOR ZOOM INFO

Workshops will focus on using mindful self-compassion as a source of healing, connection and resistance.

For more info:

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Register at:

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