

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: February 2 @ noon-1pm

Module 2: February 9 @ noon-1pm

Module 3: February 16 @ noon- 1pm

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
ganstadt@sa.utah.edu**