

Compassion + Connection: A Two-Night Event

Wednesdays, February 17 &
24, 6 - 7:30 PM

A FREE online workshop for all students that is designed to help develop self-compassion and community care practices, while enhancing our circles of connection in an online world.

Register on the Mindfulness Center's Website. Zoom meeting information will be provided after registration.

For more information, contact
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