THE MINDFULNESS CENTER

COPING WITH COVID CHAOS

This free workshop is designed to help students 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: November 2 @ 4-5pm
Module 2: November 9 @ 4-5pm
Module 3: November 16 @ 4-5pm

While we recommend that students 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