

A SELF-COMPASSION SERIES

Presented by Dr. Victoria Kwon

Via ZOOM @ 12:00PM

Thursdays: 3/2, 4/6/, 5/4



March 2nd: An Introduction to Self-Compassion

Tend to be mean to yourself when things go wrong? Learn how to use kindness to relieve stress and achieve your goals.

April 6th: Building a Practice of Self-Compassion

Know a little about self-compassion but want to know more? Learn to deepen your practice of self-compassion.

May 4th: Fierce Self-Compassion

Learn how to transform your inner kindness to external power and change.



To register go to [SHS Workshops](#) or scan the QR Code!

For more information or for accessibility-related questions, please contact SHS at 310-660-3643.



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