

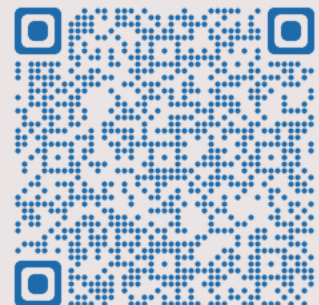
# Self-Compassion Workshop



Do you beat yourself up when things go wrong? Learn how to use kindness to relieve stress and achieve your goals.

**September 18th From 1:00PM-2:00PM**  
**In the Student health Center Conference Room**  
Presented by Dr. Victoria Kwon

To register, [click here](#)  
or scan QR code.



**STUDENT  
HEALTH  
SERVICES**  
EL CAMINO COLLEGE

For accessibility-related questions, please contact  
SHS at 310-660-3643