

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.



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