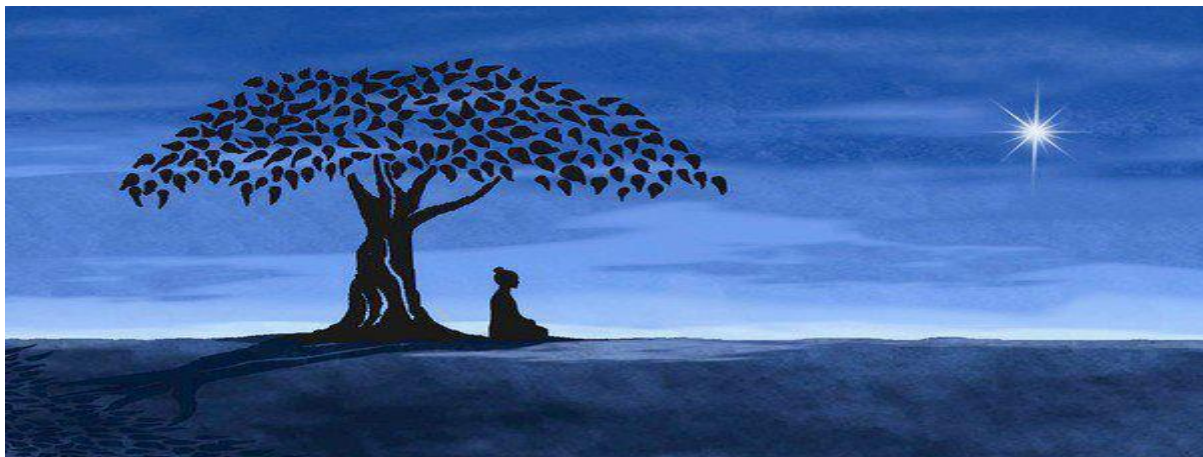


# FSAP

## **Free Mindfulness-Based Self-Compassion Program: Introduction Session**

**Tuesday, February 26, 12:00 pm - 1:00 pm**

**Location: Parnassus, Medical Sciences S-214**



- Reduce anxiety and stress
- Increase mental resilience and distress tolerance
- Increase happiness and job focus
- Handle difficult emotions with greater ease
- Decrease self-defeating patterns such as self-criticism and blame

**This event is an introduction session for the 8-week free Mindfulness-Based Self-Compassion Program being held at**

**Parnassus (Room TBD)**

**on**

**Mondays**

**12:30 pm - 1:30 pm**

**The group will be open to all UCSF faculty, staff, residents, postdocs, and clinical fellows.**

**Program will be led by FSAP counselors**

**Melanie Gilpin, Psy.D. & Disha Joshi, Psy.D., MBA**