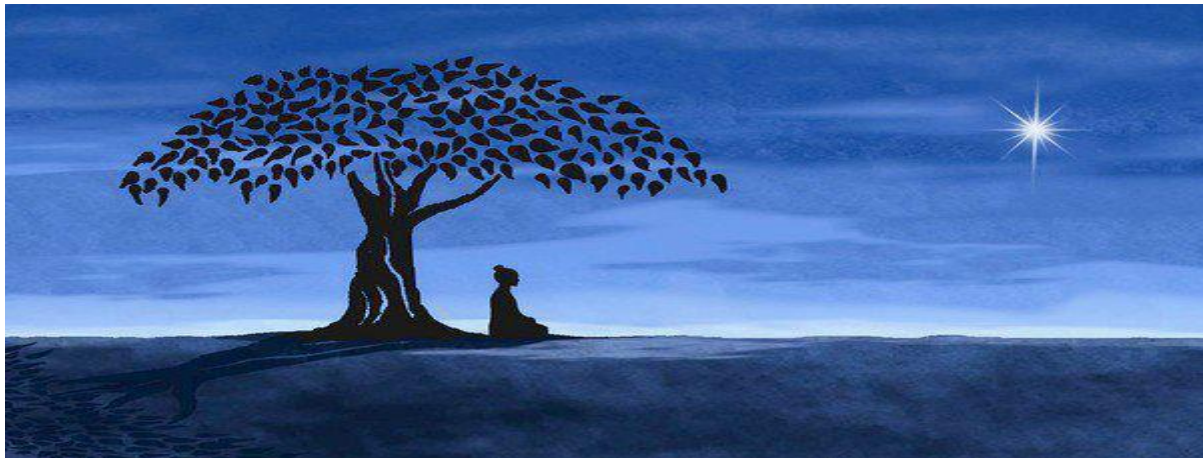


# FSAP

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

**Monday, June 24th 12:00 pm - 1:00 pm**

**Location: Laurel Heights, Room 376**



- 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 full 8-week free Mindfulness-Based Self-Compassion Program being held at**

**Laurel Heights (Room TBD)**

**on**

**Mondays**

**12:00 pm - 1:00 pm**

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

**Program will be led by FSAP counselors**

**Disha Joshi, Psy.D., MBA and David Shoup, Ph.D.**