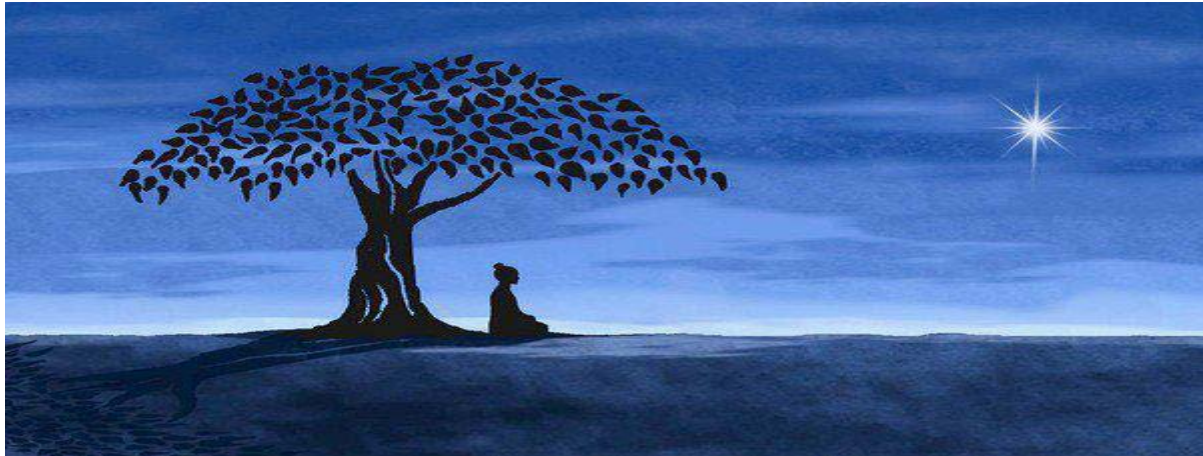


# FSAP

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

**Monday, January 27, 12:00 pm - 1:00 pm**

**Location: Parnassus Library, CL-221 & 222**



- **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**

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

**Thursdays (4) and Fridays (4)**

**\*Exact dates/location TBD\***

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

**Program will be led by FSAP counselors**

**Jessica Allanson, Ph.D. & Kate Hawley, Ph.D.**

**Questions? Please email: [fsapmindfulness@ucsf.edu](mailto:fsapmindfulness@ucsf.edu)**