Coping During Covid-19:
Practicing Self-compassion in the Face of Uncertainty:
There will be two 90-minute workshops. During these workshops we will discuss ways in which distress might show up during Covid-times and some different ways of coping, with extra focus on self-compassion as a way of coping. We will talk about what self-compassion is and then lead a self-compassion exercise. We will wrap up with resources and answer any questions.

Tuesday, October 20th  from 4:00 pm - 5:30 pm
November 10th, 2020 from 4:00 pm - 5:30 pm
To join visit: https://tinyurl.com/DePaulUCS