

# GENTLE GROWTH GROUP

## Join this 6-Week Group

- Develop mindfulness practices and self-compassion techniques
- Learn to be kinder to yourself
- Cultivate non-judgmental awareness of thoughts and feelings
- Enhance coping skills
- Reduce self-criticism
- Improve overall well-being

Every Tuesday  
at 3:00 pm

For 6 weeks

In-person

Starting on: **October 1st**

Ending on: **November 5th**

*Located at Student  
Health Services*

Please use the QR  
code below to  
register!

<https://forms.gle/WjewulyCFh4DmXVR9>



### Facilitators:

Martha Rojas, APCC  
Ulises Velasco, AMFT



(909) 384-4495



Located near Parking Lot # 8