

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