

Self Compassion for BIPOC: Healing in Community

(BIPOC: U of U employees who identify as Black, Indigenous, People of Color)

Description:

This is a space for befriending ourselves and one another, to reflect on the disparate impact of COVID-19 and the national reckoning with racism. Self-compassion as a practice can be a form of healing and resistance for BIPOC communities. In this gathering, we will explore what self-compassion is and isn't through practice and discussion. (Experiential retreat.)

Date:

May 12, 2021

Time:

8:30 AM - 12 PM

Cost:

**Employee- Free
Community Members- \$25**

OFFERED BY THE RESILIENCY CENTER, WELLNESS &
INTEGRATIVE HEALTH & UNIVERSITY COUNSELING CENTER

This retreat will be held over Zoom.

Course Instructors:



Trinh Mai, LCSW



Roberto Martinez, LCSW

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Questions? Email the Resiliency Center
at

resiliencycenter@hsc.utah.edu

