

AN AFTERNOON WITH  
DR. CHRISTINA  
DAWBER

# Mindful Self- Compassion

EOPS STUDENTS & CAMPUS COMMUNITY ARE  
WELCOMED TO PARTICIPATE ON:

FEB | TUE | 1:30 PM MEET & GREET  
21 | 2-4 PM WORKSHOP

BUCKEYE 104

Explore a powerful way to  
avoid burnout, develop  
• coping strategies, and  
practice self-care.

*EOPS students: Opportunity  
drawing for participation!*