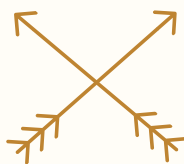




UCSB HOSFORD COUNSELING AND PSYCHOLOGICAL
SERVICES CLINIC IS PLEASED TO OFFER

Mindfulness for Well-being

FINDING INNER PEACE IN THE WAKE OF
NATURAL DISASTERS



THIS MINDFUL GROUP THERAPY WELCOMES ALL OF THOSE WHO HAVE BEEN DIRECTLY OR INDIRECTLY IMPACTED BY THE RECENT NATURAL DISASTERS. IN A SAFE AND SUPPORTIVE ENVIRONMENT, WE WILL ADDRESS TRAUMA ON THE MIND AND BODY, AND DEVELOP MINDFULNESS SKILLS TO HEAL AND RECONNECT WITH OUR HEALTH AND PURPOSE.

FEBRUARY 28 AND MARCH 7, 14, AND 21 AT 6:00 PM
GUIDED BY IDA TAGHAVI AND DAINA TAGAVI, CLINICAL PSYCHOLOGY DOCTORAL STUDENTS
VERY LOW FEE. SCHOLARSHIPS AVAILABLE.
FOR MORE INFORMATION & REGISTRATION,
PLEASE CONTACT: 805-893-8064 OR UCSBMINDFULGROUP@GMAIL.COM

