

# Building Advocacy and Mindfulness

FACILITATED BY LOLITA MARISCAL-CARRANO, LCSW  
IN COLLABORATION WITH DSS

**Do you want to work on mindfulness?  
Do you identify as someone with a disability?**

*Come attend our Drop-in Space Group! We will focus on advocacy, develop positive coping skills, recognizing anxious and depressive thoughts, social skills, community involvement, and more!*

**Every other Tuesday  
starting 2/27**

**2/27    4/9**

**3/12    4/23**

**3/26    5/7**

**12:15-1:15PM  
Gordon Hall, Room 148B**

