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!

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