

Faculty & Staff Assistance Program

Virtual Mindfulness-Based Self-Compassion Course:

Join our FSAP Clinicians to learn more about our **VIRTUAL 8-Week Course** to help:

- Reduce anxiety and stress
- Increase mental resilience and distress tolerance
- Decrease self-defeating thought patterns
- Increase experiences of happiness and productivity

Information Session*

Tuesday, March 17th

12-1 PM

Webinar Link:

<https://ucsf.zoom.us/j/96697418287>

Passcode: 1234

Spring 2026 Course

Tuesday's 3-4 PM

Dates: 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19

*Please note: Attending the Tuesday March 17th Information Session is a **prerequisite** for joining the course.