

Do you feel overwhelmed and stressed at work?

Are you looking for skills to find calm amidst work stressors?

Join this virtual HEAR-Sponsored Group Session to...

- Learn helpful skills & strategies
- Reflect & process through group discussion
- Build community

What?

In this small group session facilitated by the UC San Diego Health Healer, Education, Assessment and Referral Program (HEAR) Program, participants will connect with other UC San Diego Health colleagues and explore strategies to use in chaotic/stressful moments.

When?

Tuesday, Feb 11th, 2025

12:00-12:50pm

RSVP HERE

ZOOM link will be sent to those who register



Questions? Email Nikki Ashtiani at nashtiani@health.ucsd.edu