



WISE Mind

Fall 2017

Emotional Mind + Logical Mind = WISE Mind. Wise mind is when both parts of the mind work together in harmony. Learn how to effectively tolerate everyday stressors, communicate effectively while maintaining self-respect and relationships, and improve your relationship with your emotions.

Dates: Fridays, Weeks 3-10

(Oct. 20th, 27th & Nov. 3rd, 17th & Dec. 1st, Dec 8th)

Time: 3:00-4:00pm

Location: CAPS Central Office, Galbraith Hall 190

****On 11/3/17: at Galbraith 254 for iLead workshop****

Facilitator: Dr. Parissa Nili

Want to gain skills to increase well-being today? CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. You do not need to make an appointment -- simply show up and enjoy! These educational workshops are not professional counseling or psychotherapy. If you have any questions, please call 858-534-3755 or visit our website at caps.ucsd.edu for more information. See you there!