Spring 2020 Virtual Programs
https://ucla.zoom.us/join

Trauma-Informed Yoga for Survivors
Mon 10-11:30am; 4.13-5.11
Zoom ID: 772-502-729
RSVP here: tinyurl.com/vuc59qd

Self-Care Drop-In
Mon 12:30-1pm; 4.13-5.18
Zoom ID: 772-502-729

GRIT Drop-In Connection Circles
Tues 12-1pm; 4.14-5.19
Zoom ID: 378-655-619

Mental Health Leadership Training
Tues 4-5:30pm; 4.14-5.12
RSVP here: tinyurl.com/12jqqoy

Managing Stress & Anxiety Amidst COVID-19
Wed 12-1:30pm; 4.15, 5.6, & 6.3
Zoom ID: 555-581-971

Mindfulness Meditation Drop-Ins
Wed 12:30-1; 4.15-5.27
Zoom ID: 335-599-987

GRIT Resilience Workshops
Thurs 4-5:15pm; 4.16 & 5.14
RSVP here: tinyurl.com/sdm4ou5

Mindful Writing for Grad Students
Thurs 4.16, Fri 4.24, 5.15, & 5.29; 10:30-11:45am
Zoom ID: 484-753-724

Need some inspiration for studying? Need a self-care break?
Visit risecenter.ucla.edu to access:

Self-Guided Healing Library
Downloadable PDFs on grounding exercises, self-care, creating routine, schedule mapping, & more

Virtual Healing Library
Pre-recorded healing & educational videos released throughout the quarter

RISE Playlist
Calming, joyful, & inspiring songs to underscore the quarter

GRIT 1-on-1 Virtual Coaching | Sign up at grit.ucla.edu/request-a-coach to request a coach who will support your well-being during Spring Quarter.

Visit eRISECenterUCLA on social media for quick tips on how to incorporate self-care into your daily routines & manage the transition to online learning!