

College of the Canyons
Dreamers Together Committee (DTC)



Compassion Series

Intro to Compassion Series: Compassion in Everyday Life
A Student/Ally Perspective: Session II

Wednesday, October 18, 2023, 2:00pm – 3:30pm
Zoom Session

Presenter: Esther Villegas-Sandoval
Associate Professor of Sociology
College of the Sequoias (Former COC Faculty)

“Mindfulness”; “connection”; “kindness” – these are all words and approaches that help build compassion, self-esteem, and resilience. Research has found that self-compassion can help reduce depression and anxiety and increase well-being. Traits of self-compassion, self-esteem, and resilience can take time to build and develop but can be cultivated through intentional work. Once people start engaging in conversations and reflecting on shared experiences (specifically our shared humanity) and action steps to help ourselves and others, it becomes easier to manage stress and increase our overall well-being.

Elements of compassion and self-compassion are specifically helpful in being undocumented allies/allies and understanding our own marginalized experiences.

This is part of our campus Compassion Series and as part of our Undocumented Student Week of Action, we are inviting ALL students to attend this virtual campus event.

Please join us as we embark in an eye-opening experience!

Join Zoom Meeting

<https://canyonsonline.zoom.us/j/83251298666>

Meeting ID: 832 5129 8666

One tap mobile+16694449171# US; +17207072699, US (Denver)

Faculty and Staff interested in receiving **FLEX Credit** can register at:

<https://login.visionresourcecenter.cccco.edu/login>
FLEX # 277F

For more information, contact the

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Event in Partnership with:

