



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

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.

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 Code: #277F

**For more information, contact the
Dreamers Together Chairs:**

Flavio.Medina-Martin@canyons.edu

Hernan.Ramirez@canyons.edu

Marilyn.Jimenez@canyons.edu

Event in Partnership with:

