

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 selfcompassion, 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 undocuallies/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.ccco.edu/login FLEX # 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:** 











