

UCSF & UC HASTINGS CARE PRESENT
IN HONOR OF SEXUAL ASSAULT AWARENESS MONTH

Embodied Liberation Workshop

IN THIS WORKSHOP, PARTICIPANTS WILL
EXPLORE:

- EFFECTIVE TOOLS FOR MANAGING TRIGGERS AND DAY-TO-DAY STRESSORS
- TECHNIQUES FOR PRIORITIZING SELF-SUSTAINABILITY
- SETTING AND MAINTAINING HEALTHY BOUNDARIES

April 6 • 12-1 PM

[CLICK HERE TO JOIN ZOOM](#)



**Facilitated by:
Kiara Lee, MSW**