

The background of the entire page is a vibrant, tropical-themed pattern of stylized leaves. The leaves are in various shades of green, yellow, and blue, with some having characteristic holes (like Monstera leaves). They are arranged in a dense, overlapping manner, creating a lush and natural feel. In the center of this pattern is a large, dark green circle that serves as a container for the event information.

SDPA Mindfulness Committee

Thu 1.14.2021
7-8 pm

ZOOM Information:

Zoom ID: 882 6862 1379

Password: 937522

Join us for an evening of Mindfulness and social engagement with colleagues!

This month we will be learning about how to decolonize our practices of Mindfulness to honor the cultures from which they originated. We will discuss applications of this learning in psychotherapy.

Please contact Dr. John Rettger at rettger@menexcel.com with any questions or to get on our email list.