

# CAFECITO HOUR

## Self Compassion, Mindfulness & Motivation for Graduate Students of Color

WITH SUSAN LOPEZ

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**THURSDAY, JAN. 14, 2021**  
**11AM-1PM (Presentation from 11AM-12PM)**  
**MEETING ID: 927 9524 5435**

Susan is a psychotherapist, coach, and mindfulness teacher who works at the intersections of healing, spirituality, and social change. Her work focuses on helping people strengthen their resilience and ability to address personal and systemic trauma to access their authentic selves for deep, transformative healing.

