



BLACK RESOURCE CENTER (BRC):

Restorative Wellness Gathering



A space to pause, breathe and reconnect.

Join us for guided mindfulness, affirmations, and grounding practices in a space rooted in care, community, and cultural affirmation.

Enjoy light refreshments, plus a goodie bag! (while supplies last).

This space will include:

- Gentle breathing exercises
- Space for connection and restoration
- Community-based affirmations
- Guided Meditation
- Breathing Techniques
- Mindful Movement



Date: Monday, April 13, 2026



Time: 12:30-1:30pm



Location: I-124 (2ND Floor, English Building)

For disability accommodations, please email

MiramarBRC@sdccd.edu at least 3 days prior to the event.



LEADING EQUITY,
ANTI-RACISM &
DIVERSITY (LEAD)

SAN DIEGO
MIRAMAR
COLLEGE

MENTAL HEALTH
COUNSELING