

## **Mindfulness resources at UCSC, Santa Cruz community, and online**

<http://www.mindfulnessprograms.com/> : link to Dominican Hospital and other area trainings

<http://www.pamf.org/healtheducation/classes/mindfulness.html> : link via PAMF to mindfulness resources

<https://palousemindfulness.com/> : link to a truly free online MBSR training, for wanting to take a formal training

<https://sites.google.com/ucsc.edu/meditation/home> : link to weekly mindfulness groups on the UCSC campus

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