

*LBCC Trauma-Informed Approach
Workgroup Presents...*

Drop-in Healing Spaces for LBCC Students

Knowledge. Action. Healing.



All LBCC students are welcome.
No prior experience needed.

These 60-minute, drop-in healing spaces are for LBCC students to pause for restoration of body, mind and spirit. These experiential sessions support Students in acknowledging current challenges while finding upliftment and enhanced well-being. Participants will be introduced to activities that reduce burnout, replenish vitality, settle the nervous system and activate joy. Join us in-person or virtually for as many sessions as you can!

Together, we are resilient



FACILITATED BY NIKITA GUPTA, MPH, RYT

Nikita has been a healing space facilitator for over 25 years. She specializes in bringing Trauma-Healing practices and frameworks to Campus communities. As a former UCLA Resilience Coach and Educator, her mission is to support for Students, Educators, Staff and Administrators in integrating practices for healing, restoration and collective care within institutional spaces. Her work is rooted in neurobiology, somatic wellness, and social justice. Through this work, Nikita aims to foster a culture of embodied joy as we bravely move through the unknown.



Learn more about Nikita and her work:

<https://linktr.ee/ngupta>

When and Where

5 SESSIONS Fall Semester:

- Sept. 20 -- LBCC Room P-113
- Oct. 11 -- Zoom
- Nov. 1 -- LBCC Room P-113
- Nov. 15 -- Zoom
- Dec. 6 -- LBCC Room P-113

TIME: @ 3-4pm



Join Via Zoom Oct 11 & Dec 6
Meeting ID: 896 6425 3193

For inquiries, contact:
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