

# Smith College Class of 2000

March 20, 2021 Mini Reunion

Thank you to everyone who was able to participate in the first mini reunion of 2021. Below is a summary of the referenced resources as well as the dates for the planned mini reunions.

## UPCOMING MINI REUNIONS

Our plan is to host 3-4 mini reunions each year as we approach our 25th reunion. The dates for the planned sessions are as follows:

DATE	TIMES
Saturday, June 26, 2021	8pm EST; 7pm CST; 5pm PST
Saturday, September 18, 2021	1:00pm EST; 12pm CST; 10am PST
Saturday, January 15, 2022	8:00pm EST; 7pm CST; 5pm PST

All of the mini reunions will use the following Zoom meeting link:

<https://us02web.zoom.us/j/87988027465?pwd=M3RuQzNxNC9LNnFFeTcrNnlBbEFJQT09>

## IDEAS FOR FUTURE TOPICS AND 2025 REUNION

We'd like to hear your thoughts on our future meetups! Please use the following link to provide ideas for future mini reunions as well as our 25th reunion. Please feel free to complete the form multiple times. Include 1 response item per question each time you respond: <https://forms.gle/wqHWayJsGCdMiqg77>

## RADICAL ACCEPTANCE RESOURCES

Radical Acceptance Overview

<https://www.therapistaid.com/worksheets/dbt-distress-tolerance-skills.pdf>

Radical Acceptance Distress Tolerance Handout

<https://themighty.com/wp-content/uploads/2018/09/Radical-Acceptance-DBT.pdf>

Introduction to Radical Acceptance (podcast)

<https://bayareadbtc.com/radical-acceptance-2/>

Radical Acceptance During a Pandemic (podcast)

<https://bayareadbtc.com/27-radical-acceptance-during-pandemic/>

## CONTACT US

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