Thank you for your interest in taking our 8-week Mindful Self-Compassion program at UCSD Women’s Center.

Before you register for the program, we would like to give you the parking information because parking at UCSD will require advanced planning due to construction and increased traffic in the area.

To assist you in your effort to locate parking lots that will have spaces available in the afternoon, we urge you to consider the 2 recommended options below. Please note, you should allow an extra 45 minutes to reach your final destination since you will need more time to locate one of the parking lots, wait for the shuttle that will drop you off at the Price Center, and walk from there to the Women’s Center. While there are parking lots closer to the Women’s Center, the spaces tend to be taken in the early afternoon.

**Best option 1**: Park in lots P703, P704, P705 and purchase a pass form the pay station. Then go to the East-Regents shuttle stop located in front of P704. The shuttle will arrive every 5 minutes during the time slot you require. It will take you directly to Price Center.

**Option 2**: Park in P702 and also buy a pass from the pay station. The East-Regents shuttle stop will be located in front of the lot along Voigt Dr. and will be at the same stop as the MTS buses. This option will take a little longer, but the shuttles may be less congested.

Please use this link to help you locate these lots. If you have a smartphone you will be able to track the shuttle live using this link.

Once you have arrived at the Price Center you will need to allow an additional 5-10 minutes to walk to the Women’s Center. Please refer to a map to this location.

Please remember, you always have the option of attempting to park closer to the Women’s Center, though your chances of finding parking in the lots nearest the Center are slim. If you would like to give this a try, you may visit Directions to their location.

Please check more detailed information about parking rates and services. This website also provides information about public transportation, another option worth considering, as well as phone contacts to enable you to speak to someone who will help you with your transportation and parking needs.

Thank you!

UC San Diego Center for Mindfulness