

WELLNESS

WORKSHOPS

WEDNESDAYS

12-1PM

COUGAR VILLAGE CV-124 (ACROSS FROM H-BUILDING)

PLEASE JOIN! ALL ARE WELCOME!

WELLNESS WORKSHOPS ARE SUPPORTED BY OUR MENTAL HEALTH STAFF
EACH ATTENDEE WILL RECEIVE FREE LUNCH AND A SELF-CARE GOODIE BAG



FEBRUARY 28, 2024

HEALTHY RELATIONSHIPS - INTRODUCTION TO ATTACHMENT THEORY

PRESENTED BY **REY**

HYBRID (CV-124)



MARCH 6, 2024

QUEER WELLNESS

PRESENTED BY **ERICA & SAM**

HYBRID (CV-124)



MARCH 13, 2024

SELF-ADVOCACY IN THE WORKPLACE

PRESENTED BY **LAUREN**

IN-PERSON (CV-124)



MARCH 20, 2024

PUTTING INTO PRACTICE GRATITUDE: HAPPINESS WORKSHOP

PRESENTED BY **ISMAEL**

IN-PERSON (CV-124)

SCAN QR CODE TO JOIN ZOOM LINK



ANY QUESTIONS? CONTACT #510-748-2320