



# Living Well Workshop

## Two 3-day sessions

February 7th, 14th, 21st | 11 a.m. – 12 p.m.  
or April 3rd, 10th, 17th | 11 a.m. – 12 p.m.  
@ Student Health Services

Join in this three-part workshop series for helping you learn useful tools and create flexibility in responding to distress.

Each module builds on the skills so that you learn tools for getting a better handle on your concerns. Creating flexibility in how you deal with your concerns and also how you can take steps toward handling a wide range of emotions.

Participation is strongly encouraged but personal disclosure is not required.

For questions, contact Student Health Services at 562-860-2451, ext. 2321

If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please contact [accommodationsrequest@cerritos.edu](mailto:accommodationsrequest@cerritos.edu) within seven school days in advance.



Student Health  
Services