

Post-Drill Support: Resiliency Group

For Currently Enrolled Students

Wednesday, February 26, 2025

10 a.m. - 12 p.m.

Student Health Services

Participating in an active shooter drill can bring up stress and anxiety. Join our Resiliency Group to process your experience, build coping skills, and strengthen your mental well-being. This confidential and voluntary session offers practical tips to help you move forward with confidence.

Prefer one-on-one support? Therapists are available for free private sessions. For more information, call (562) 860-2451, Ext. 2321 (press 3).

Take care of your mind. We're here for you!

