



CERRITOS
COLLEGE

Student Health Services

Boosting Your Mental Game!

**Weekly drop-in group starts
January 22nd through April 29th
Mondays 11 – 11:30 a.m.
Success Center in LC 137**

Join us to learn and practice tools for stress management, mental well-being, and achieving a balanced academic and personal life

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 within seven school days in advance.