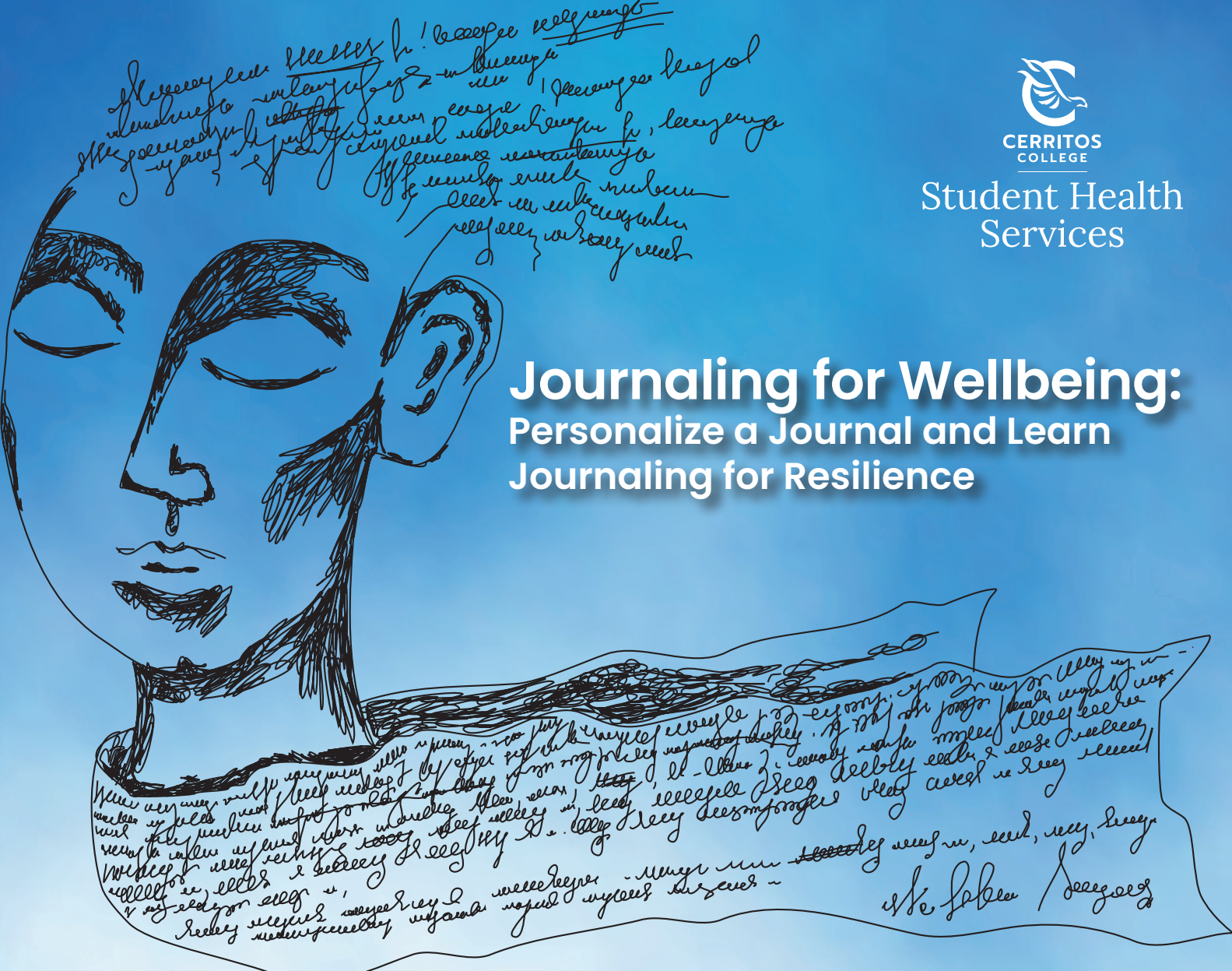




CERRITOS
COLLEGE

Student Health
Services



Journaling for Wellbeing: Personalize a Journal and Learn Journaling for Resilience

Every Third Thursday

January 18th, February 15th, March 21st, April 18th

11:30 a.m. – 12:30 p.m.

Success Center in LC 137

Journal writing nurtures your mental wellbeing while expressing yourself. Get your creativity on by crafting your personalized journal. The workshop also provides tips for starting a journaling practice and offers a refresher about how journaling can benefit your mental wellbeing.

Participation is strongly encouraged but personal disclosure is not required. No experience is necessary.

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.