

Rest & Express



Therapeutic art-based workshops.

*Supplies will be provided for all workshops.

January 14th

Map Your Future:

Create a Vision
Board for College
Success

MP 101

12:30- 2PM

February 18th

**Unwind with a
Scribble Session:**

De-stress and
Doodle Your Way
to Calm

MP 101

12:30-2 P M

March 11th

Unwind & Sparkle:

A Diamond Art
De-Stressing
Workshop

MP 101

12:30- 2PM

April 15th

**Brushing Away
Stress:**

Water Color Art

MP 101

12:30- 2PM



Student Health
Services

If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please submit your request at <https://www.cerritos.edu/accommodations-request> within seven school days in advance.