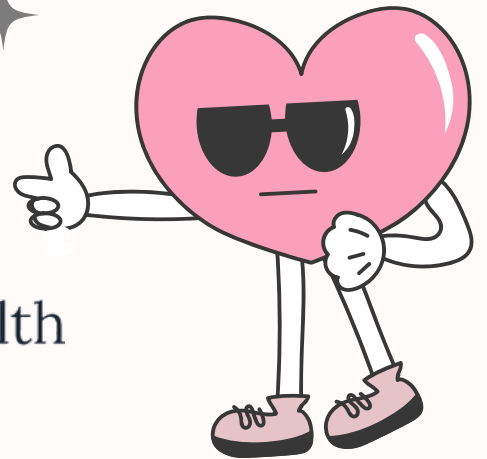


Student Health  
Services



*Hard on Yourself* ✨

*Much?*

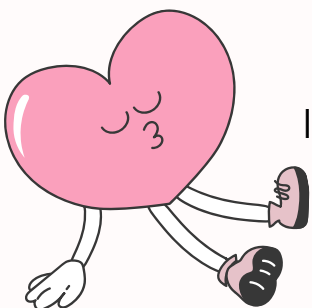
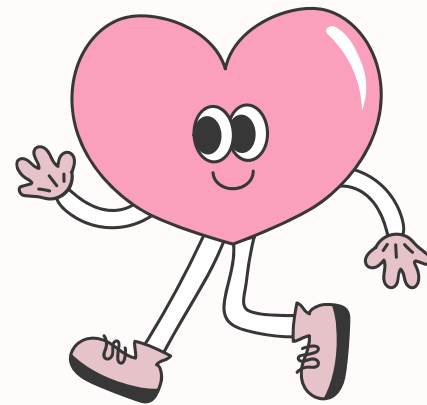
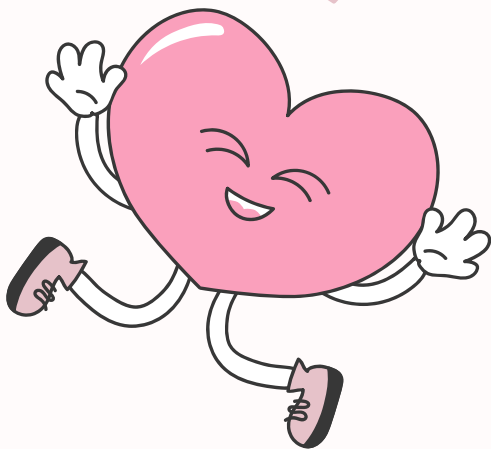
Join us in creating  
Self-compassion  
bookmarks.

*February*

*11*

*10:30-12:30*

*Library sidewalk*



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.