

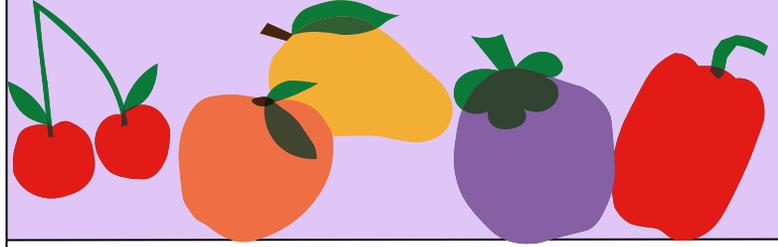
SNACK ON THIS: A MENTAL HEALTH SERIES

Bite-sized workshops
for your mind, mood,
and motivation

Feeling stressed,
overwhelmed, or just
need a break?

Join us for a chill,
snack-filled series of
mental health
workshops presented by
the Los Angeles
Department of Mental
Health designed just for
college students.

Each session is packed
with practical tips, real
talk, and free snacks!



Dates:

September 18th

November 4th

January 21st

Time:

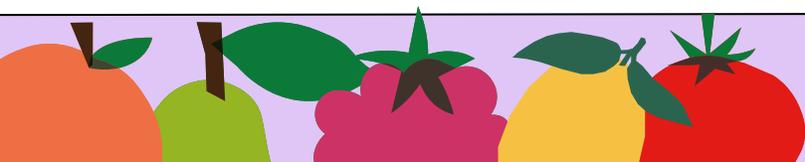
11:00a.m. - 12:00p.m.

Location: TBD

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/sas/accommodations-request-form.htm>
within seven school
days in advance.



Student Health
Services



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Suicide Prevention & Resilience Workshop

Learn.
Support.
Empower.



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Date: Thursday,
September 18, 2025

Time: 11:00a.m. - 12:00p.m.

Location: LC 155



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Emotional Wellbeing & Stress Workshop

Understanding, Managing,
and Thriving



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Date: Tuesday,
November 4, 2025

Time: 11:00a.m. - 12:00p.m.

Location: TBD



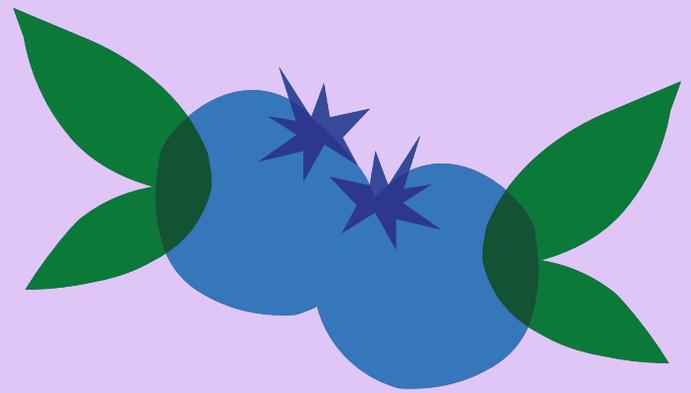
Student Health
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Mental Health & Stigma: Changing the Story

**A Workshop on Awareness,
Understanding, and Action**



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Date: Wednesday,
January 21, 2026

Time: 11:00a.m. - 12:00p.m.

Location: TBD



**Student Health
Services**