

STRESS SURVIVAL KIT WORKSHOP

PRESENTED BY STUDENT
HEALTH SERVICES

LEARN PRACTICAL WAYS TO MANAGE DAILY
STRESS AND IMPROVE YOUR MENTAL CLARITY. DON'T MISS
THIS OPPORTUNITY TO INVEST IN YOUR MENTAL HEALTH!

2ND WEDNESDAYS OF THE MONTH

OCTOBER 9
DECEMBER 11
FEBRUARY 12

3PM - 4PM

SUCCESS CENTER, LC137



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.



Student Health
Services