

Support Circle

Location: Santa Barbara Building, Living Learning Center

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

Facilitators:

Bernadette Ferrel, LCSW #93733

Janet Basurto Lopez, MSW Intern

Sept. 9 - Living in the Shadows

Oct. 14 - Cope Ahead

Dec. 9 - Wellness Starts with Me

Jan. 13 - Holding Space for Fear and Joy

Feb. 10 - Relationships (While Undocumented)

Mar. 10 - Resistance & Joy

April 14 - Self-compassion

May 12 - The Power of Story, Sharing Strength

[What to Expect at Group Session and Guidelines](#)

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



For more information,
contact [Iveth Diaz](#)
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Student Health
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