

BIG

A safe space for learning small skills to manage big feelings.

feelings club



9/2/26 – 12/2/26
Wednesdays @ 3pm
Student Health Services

Come to one session or come to all!

First time participants will receive a goodie bag!

Facilitated by:
Bernadette Ferrel, LCSW #93733
Victoria Mata, MSW Intern



**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 7 school days in advance of the event.