

STUDENT HEALTH SERVICES

EXPANDING MENTAL HEALTH AWARENESS

Wed. May 1st, 2024 | 3p - 4:30p | LAC - P113

Mental Health Awareness Month Kick OFF!

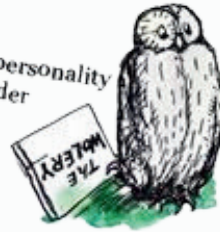
eating disorder



major depressive disorder



narcissistic personality disorder



obsessive compulsive disorder



schizophrenia



anxiety disorder



attention-deficit hyperactivity disorder



Featuring
Dr. Mark Ragins, MD

Beyond the limitations of the Medical Model- every feeling is not a symptom of some disorder in need of professional treatment and medications. We can be more aware of the nuances of our emotions, including those in our bodies. We can be aware of how our mind has developed both strengths and weaknesses, how we can get stuck, and how we can get unstuck to grow and develop again.



If you require accommodations, please contact Sylvia Garcia at s2garcia@lbcc.edu or (562) 938-4666 and Disabled Students Programs & Services (DSPS) at least 72 hours prior to the event) at (562) 938-4558 or dsps-staff@lbcc.edu. If you require sign language interpreting services, please contact Sylvia Garcia at s2garcia@lbcc.edu or (562) 938-4666 and Stephanie Bonales at sbonales@lbcc.edu or (562) 938-4918 or VP (562) 353-4217. If you require Communication Access Realtime Translation (CART) services, please contact Sylvia Garcia at s2garcia@lbcc.edu or (562) 938-4666 and Sunita Shelly: sshelly@lbcc.edu at least 5 business days prior to the event. Please note requests are based on provider availability."