



Flex Credit Approved Workshop

LBCC'S

# Resiliency Training

WITH VANESSA GARCIA, DIRECTOR OF  
PSYCHOLOGICAL SERVICES

**WEDNESDAY, APRIL 17TH, 2024**

FROM 1:00 P.M. TO 3:00 P.M.

**Location:** LAC-M114

**FOR STUDENTS, STAFF, AND FACULTY**

*HOW DO WE MAINTAIN PSYCHOLOGICAL WELLNESS IN  
THE FACE OF LIFE'S CHALLENGES?*

*HOW DO WE TAP INTO OUR UNSHAKEABLE GOODNESS  
TO RIDE THE INEVITABLE WAVES OF OUR LIVES?*

**STUDENTS ONLY**

If you require Sign language interpreting services or Communication Access Realtime Translation (CART) services please contact Sonia De La Torre-Iniguez at [sdelatoree@lbcc.edu](mailto:sdelatoree@lbcc.edu), Grace Weatrowski at [gweatrowski@lbcc.edu](mailto:gweatrowski@lbcc.edu), and Stephanie Bonales at least 72 hours prior to the event at (562) 938-4918 or [sbonales@lbcc.edu](mailto:sbonales@lbcc.edu).

**FACULTY AND STAFF ONLY**

If you require sign language interpreting services, please contact Sonia De La Torre-Iniguez at [sdelatoree@lbcc.edu](mailto:sdelatoree@lbcc.edu), Grace Weatrowski at [gweatrowski@lbcc.edu](mailto:gweatrowski@lbcc.edu), and Rebecca Lucas at [rlucas@lbcc.edu](mailto:rlucas@lbcc.edu) at least 5 business days prior to the event.

If you require Communication Access Realtime Translation (CART) services, please contact Sonia De La Torre-Iniguez at [sdelatoree@lbcc.edu](mailto:sdelatoree@lbcc.edu), Grace Weatrowski at [gweatrowski@lbcc.edu](mailto:gweatrowski@lbcc.edu), and Jaymee Hunt at [cart@lbcc.edu](mailto:cart@lbcc.edu) at least 5 business days prior to the event. \*Please note requests are based on provider availability\*