



DISTRIBUTION AUTHORIZATION

Long Beach City College

Office Of Student Affairs

If you require accommodations, please contact

DSPS at least 72 hours prior to the event at

(362) 938-4358 or (362) 938-4833 (TTY)

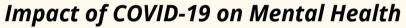
or dsps-staffiii.ibec.edu.

If you require sign language interpreting services, please contact Stephanie Bonales at sbonales@Bcc.edu or (562) 938-4918 at least seven days prior to the event.

Coping & Connecting
During COVID-19

FALL 2020 WORKSHOPS FOR LBCC FORMER FOSTER YOUTH STUDENTS

Facilitated By: Mental Health Clinician Brianna Reyes, LBCC



Thurs., Oct. 8th, 2020

Building My Connections

Thurs., Oct. 22nd, 2020

Maintaining Healthy Relationships

Thurs., Nov. 5th, 2020

Time: 2:30-3:30pm

https://zoom.us/j/98239771478?

pwd=L0dXVUdIQ2Uwem5hZHFIMm41c1dRUT09

Zoom Meeting ID: 982 3977 1478

Learn about
boundaries and ways
to set healthy
boundaries

Learn

techniques on coping with intense emotions Learn techniques to support your mental health Learn tips on connecting with others while remote learning