

Fall Semester 2020

Healthy Viking Mental Health Workshops

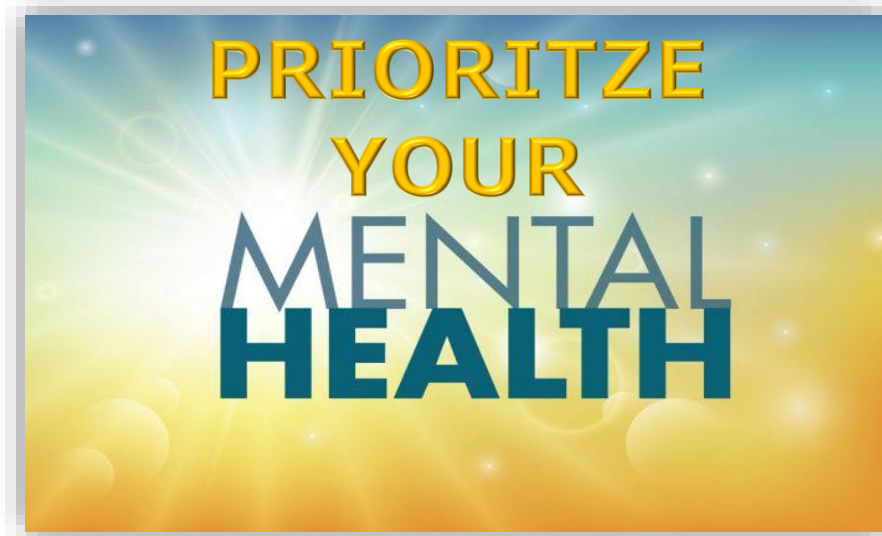
LBCC Student Mental Health Services

562-938-4210/ 562-938-3992

Zoom meeting link:

<https://zoom.us/j/97788430797?pwd=TkJ5VEVuczBVVmlIRDltNWQyamtpQT09>

[Meeting ID: 977 8843 0797](#)



Learn skills and tools to improve your emotional wellbeing and create balance in your life. We provide workshops each semester to support student health, happiness, and success. All workshops on Wednesdays will be facilitated/co-facilitated by Mental Health Clinician Daisy Cook, LCSW, and MSW Interns. **All Zoom workshops are open to all LBCC enrolled students.**

Wednesdays 2:00-3:00p.m.

Date:	Workshop Title
9/23/20	STEPS TO POSITIVE MENTAL HEALTH
9/30/20	ANXIETY- WORRY TOO MUCH?
10/07/20	MINDFULNESS- FINDING PEACE
10/14/20	HEALTHY RELATIONSHIPS
10/21/20	DEPRESSION
10/28/20	GRIEF AND LOSS
11/04/20	SUBSTANCE MISUSE AWARENESS
11/18/20	GRATITUDE- A TOOL FOR HAPPINESS

Note: We have found that offering extra credit is a really powerful way to give students the extra reason they need to attend these workshops that allows them both to benefit from the program and “save face” if they’re questioned about why they want to attend.

If you require accommodations, please contact DSPS at least 72 hours prior to the event at (562) 938-4558 or (562) 938-4833 (TTY) or dsps-staff@lbcc.edu. If you require sign language interpreting services, please contact Stephanie Bonales at sbonales@lbcc.edu or (562) 938-4918 at least seven days prior to the event.