

Peaceful Mind for Wellness Wednesday



**STUDENT
HEALTH
SERVICES**
EL CAMINO COLLEGE



Discuss and process
your feelings, and
gain valuable coping
tools in this monthly
workshop.

Time: 12:00 PM - 1:00 PM

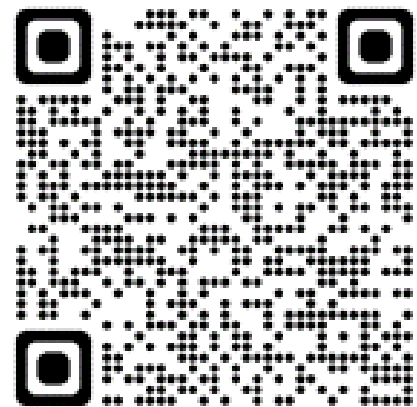
Dates:

September 14th

October 12th

November 9th

December 14th



To register go to SHS Workshops
or scan the QR Code!

For accessibility-related questions, please contact SHS at 310-660-3643