

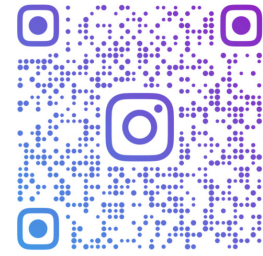
ACTIVE MINDS CLUB

Changing the conversation about mental health.

The Active Minds Club is a mental health advocacy group dedicated to changing the conversation about mental health and de-stigmatizing mental illness at El Camino College.

Join today and become an ally for change!

Scan QR Codes below or email: activemindsclub@elcamino.edu



@ACTIVEMINDS_ECC

Spring 2023 Events

Dog Therapy

PAWS from your busy day to enjoy some puppy love!

11:00AM–1:00PM

Feb 28 | Club Rush Active Minds Booth

March 28 | Library Lawn

April 19 | Library Lawn

May 31 | Library Lawn

Warrior Wellness Wednesday

Drop in for a quick, mid-day yoga session to promote movement and encourage mindfulness!

11:30–12:30pm @ Library Lawn

Feb 22

March 22

April 26

May 24

June 7