

# STUDENT HEALTH SERVICES

## FALL 2024 Workshops

All Workshops will be @ Student Health Center

### POSITIVE PAWS

Sept 3rd, Oct 2nd, Nov 5th & Dec 3rd @ 11:00AM– 1:00PM

### MANTRA MONDAYS

Mondays From Sept 16th – Dec 3rd @ 1:00PM–2:00PM

### DISCOVERY SERIES

\*Sept 3rd & 17th \*Oct 1st, 15th & 29th \*Nov 12th & 26th \*Dec. 10th  
@ 12:00PM–1:00PM

### A GRIEF & LOSS HEALING CIRCLE

Thursdays From Sept 19th – Dec 5th (No workshop Oct 31st)  
@ 2:00PM–3:00PM

### SELF-CARE WEDNESDAY

Oct 2nd, Nov 6th & Dec 4th @ 1:00PM– 2:00PM

### LET'S TALK: QUICK Q&A

Tuesdays & Wednesdays @ 9:00AM–10:00AM



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EL CAMINO COLLEGE