

De-Stress Dogs

Experience the calming, supportive presence of dogs. Relax, recharge, and feel the comfort of a gentle paw.



Dates: August 26th
September 1st
October 6th
November 3rd
December 8th

Time: 11am- 1pm

In Center for Well-Being

For more information or for accessibility-related questions, please contact SHS at 310-660-3643.

Create Your Own Bracelet!

Join us for a fun bracelet-making workshop!



Wednesday, SEPTEMBER 2ND

11am-2pm

Center for Well-Being



SLIME FOR PEACE OF MIND

STOP BY AND BE PART OF THIS
ACTIVITY TO DESTRESS WITH SLIME!
(WHILE SUPPLIES LAST)

TUESDAY SEPTEMBER 8TH
@ 11:00AM-1:00 PM
IN THE CENTER FOR WELL-BEING





CENTER FOR WELL-BEING



Succulent PLANTING

SEPTEMBER 9TH
11am - 2pm

FOR MORE INFO GO TO





ROCK PAINTING



SEPTEMBER 15th

@ 11AM – 2PM

In the Center for Well-Being

For more information or for accessibility related questions, please contact SHS at 310-660-3643.

CENTER FOR WELL-BEING

Guided Yoga

SEPTEMBER 16 | 12 PM- 1 PM



COME FOR A BREAK OF MOVEMENT AND IMAGINATION. JOIN US FOR A GUIDED YOGA CLASS WHERE YOU CAN RELAX, CREATIVELY EXPRESS YOURSELF, AND GET A LITTLE MOVEMENT IN. BRING A MAT, BRING A FRIEND, AND GET READY TO STRETCH!

FOR MORE INFO GO TO





JOURNAL

Decorating



Sit back, relax, and
personalize a journal with us!



Tuesday September 22nd

11am - 2pm

Center for Well-Being





SELF CARE KITS

September
23rd

11am – 1pm





GAME FRIDAY

**TUESDAY | 11 AM – 2PM |
SEPTEMBER 29, 2026**

CENTER FOR WELL-BEING

FOR MORE INFO GO TO



READING CORNER



Take a book. Open your mind.



SEPTEMBER 30TH

11:00AM - 2:00PM



Worry Stones Event

@ CENTER FOR WELL-BEING
OCTOBER 7TH, 2026
11AM - 2PM



FOR MORE INFO GO TO





JOIN OUR CROCHET CIRCLE

Join us for a chill, beginner-friendly
crochet circle!

Tuesday October 13th

11am - 2pm

Center for Well-Being





Wednesday, October 14th
In the Center for Well-Being
@ 11am- 2pm

Set your vision for the rest of the semester by creating a vision board that reflects your academic, personal, and career goals while inspiring you to stay motivated and focused.

For more information or for accessibility-related questions, please contact SHS at 310-660-3643.

