

# STUDENT HEALTH SERVICES

# Well-Being

## Events

*Check Out These Workshops to  
Improve Your Overall Well-Being*

Sept 18th- 22nd

September

18

### **Self-Compassion**

Do you beat yourself up when things go wrong? Learn how to use kindness to relieve stress and achieve your goals.

September

19

### **Therapy or Nah**

Ever wondered about therapy and whether it would be helpful for you? Attend this Q&A to learn about our services and to ask your burning questions about therapy and what services are available for you!

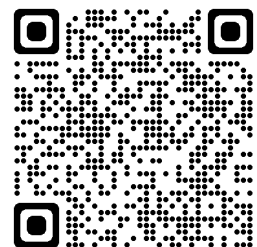
September

20

### **Nurturing Healthy Connections: Relationships & Boundaries**

Building and maintaining meaningful relationships is an essential aspect of our lives, but it's equally important to establish and respect personal boundaries. This workshop will equip you with the knowledge and skills to foster fulfilling connections while preserving your emotional well-being.

Scan QR CODE  
to register!



For detailed information call Student Health Services  
at 310-660-3643

