

Positive Coping Strategies Workshop

Improve communication skills with professors, friends and family

Become a more positive thinker

Learn to deal with stress in healthier ways

FREE SNACKS AND DRINKS

Every Thursday

San Jacinto Campus rm# 1213 : 9:00am-10:00am



Meniffee Campus rm# 418:12:30pm-1:30pm

For information contact: Cynthia Wilhite at (951) 683-5193

Complete 8 sessions to receive \$20 dollar gift card

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