



POSITIVE MIND

Meet with a personal counselor and a nurse to discuss and practice stress management techniques.

WEDNESDAY | 12:00 PM – 12:30 PM

September 2

Compassion

<https://cccconfer.zoom.us/j/94853043020>

October 7

Care

<https://cccconfer.zoom.us/j/92321497549>

November 4

Gratitude

<https://cccconfer.zoom.us/j/97433325827>

Happiness is a habit.

Please RSVP: <https://forms.gle/dYV2fX66V2pg8H6VA>

For more information, please contact: Rieko.suto@gcccd.edu



C U Y A M A C A
• C O L L E G E •

Cuyamaca College Health and Wellness Center