

**PERSONAL WELLNESS SERVICES
WORKSHOP SCHEDULE
SPRING 2024**

WORKSHOP	DATE / TIME / LOCATION	PRESENTER
Grief & Loss Support Group	February 13, 2024 1PM	Margaret Daynes, LMFT
Time Management	February 14 12PM Room 59A-102	Margaret Daynes, LMFT
Healthy Relationships	February 21 12PM Room 59A-102	South Bay Community Services
Anxiety Management	February 22 12PM Room 59A-102	Luis Contreras, LCSW
Test Anxiety	February 28 12PM Room 59A-102	Luis Contreras, LCSW
Mindfulness Based Stress Reduction	March 6 12PM Room 59A-102	Alex Aiello, LMFT
First Generation College Student	March 7 12PM Room 59A-102	Carmen Cuevas, LCSW
Grief & Loss Support Group	March 12 1PM	Margaret Daynes, LMFT
Eating Disorder	March 13 12PM Room 59A-102	UCSD
Healthy Relationships	April 3 12PM Room 59A-102	Center for Community Solutions
Finding Gratitude	April 4 12PM Room 59A-102	Luis Contreras, LCSW
The Art & Science of Making Friends	April 10 12PM Room 59A-102	Alex Aiello, LMFT
Grief & Loss Support Group	April 16, 2024 1PM	Margaret Daynes, LMFT
Body Dysmorphia	April 17 12PM Room 59A-102	Luis Contreras, LCSW
Mindfulness Self-Compassion	April 18 12PM Room 59A-102	Jacqueline Penhos
Alcohol Abuse	April 24 12PM Room 59A-102	McAlister Institute

WORKSHOP	DATE / TIME / LOCATION	PRESENTER
Suicide Prevention	May 1 12PM Room 59A-102	Community Health Improvement Partners
Self-Care Stress Kit	May 2 12PM Room 59A-102	Margaret Daynes, LMFT
Substance Abuse	May 8 12PM Room 59A-102	Center for Community Research
Grief & Loss Support Group	May 14 1PM	Margaret Daynes, LMFT
Mental Health First Aid	May 15 12PM Room 59A-102	Mental Health America of San Diego County
Stress Hackers	May 16 12PM Room 59A-102	Carmen Cuevas, LCSW

PERSONAL WELLNESS SERVICES
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