

PERSONAL WELLNESS SERVICES

# TIME MANAGEMENT WORKSHOP

MARCH 3, 2021

12:00 – 1:00 PM

WORKSHOP LINK:

[HTTPS://SWCCD-EDU.ZOOM.US/J/91747613639](https://swccd-edu.zoom.us/j/91747613639)

\* NO PRE REGISTRATION REQUIRED



PRESENTED BY M. DAYNES, LMFT  
LICENSED MARRIAGE FAMILY THERAPIST

**OPEN TO STUDENTS ONLY**

IF YOU ARE AN INDIVIDUAL WITH A DISABILITY WHO NEEDS  
ACCOMMODATIONS TO PARTICIPATE IN THIS EVENT,  
PLEASE CONTACT:

**PERSONAL WELLNESS SERVICES**  
**SWCPERSONALWELLNESS@SWCCD.EDU**  
**619-421-6700 x5279**