

WORKSHOP

CREATE YOUR OWN SELF SOOTHING KIT

The **Self Soothing Kit** can help you get through difficult times. It is known that distraction and self-soothing techniques can help decrease ruminating thoughts and reduce intense, distressed feelings. Attend the Workshop and learn how to create your own Self Soothing Kit.

October 15, 2020

12:00 - 1:00PM

Zoom Meeting Link:

https://cccconfer.zoom.us/j/96777318183

Presented by: M. Daynes, LMFT

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 Ext. 5279

