

PERSONAL WELLNESS SERVICES

LIFE TRANSITIONS: THE PLACES WE MAY GO

APRIL 21, 2021
12PM



PRESENTED BY:

DR. AMARAL, LICENSED PSYCHOLOGIST

ZOOM LINK:

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

* NO PRE-REGISTRATION REQUIRED

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

EMAIL: SWCPERSONALWELLNESS@SWCCD.EDU
CALL: 619-421-6700 X5279

This workshop will discuss life transitions, overcoming obstacles and the use of positive visual imagery to create a cognitive map, to help take us in the direction where we may want to go in our lives.

