



## HEALTH & WELLNESS

### WORKSHOPS

FALL 2025

WORKSHOP	DATE / TIME	PRESENTER
Suicide Prevention	September 17 12PM Room 67-141	Community Health Improvement Partners
Test Anxiety	September 24 12PM Room 67-141	Alex Aiello, LMFT
Adulting 101: Navigating the College Environment	October 1 12PM Room 67-141	Alex Aiello, LMFT
Cognitive Restructuring	October 2 12PM Room 67-141	Luis Contreras, LCSW
Swipe Right on Friendships: Real Life Social Advice	October 8 12PM Room 67-141	Luis Contreras, LCSW
Connecting in Nature	October 15 12PM Room 67-141	Alicia Arambula, LCSW
Finding Our True Selves	October 16 12PM Room 67-141	Carmen Cuevas, LCSW
Grief & Loss Support Group	October 20 12PM Room 67-140	Margaret Daynes, LMFT
Alcohol Abuse	October 22 12PM Room 67-141	Binge & Underage Drinking Initiative
Eating Disorder	October 29 12PM Room 67-141	UCSD
First Generation College Students	October 30 12PM Room 67-141	Luis Contreras, LCSW SDSU Interns
Healthy Relationships Domestic Violence	November 5 12PM Room 67-141	South Bay Community Services
Holiday Blues	November 6 12PM Room 67-141	Luis Contreras, LCSW SDSU Interns

<b>Substance Abuse</b>	<b>November 12 12PM Room 67-141</b>	<b>UPAC Melissa Lindo</b>
<b>Grief &amp; Loss Support Group</b>	<b>November 17 12PM Room 67-140</b>	<b>Margaret Daynes, LMFT</b>
<b>Healthy Relationships Sexual Assault</b>	<b>November 19 12PM Room 67-141</b>	<b>Center for Community Services</b>
<b>Self-Care Stress Kit</b>	<b>November 20 12PM Room 67-141</b>	<b>Margaret Daynes, LMFT</b>
<b>Grief &amp; Loss Support Group</b>	<b>December 1 12PM Room 67-140</b>	<b>Margaret Daynes, LMFT</b>

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