

HEALTH & WELLNESS

WORKSHOPS

FALL 2025

WORKSHOP	DATE / TIME	PRESENTER
Suicide Prevention	September 17	Community Health
	12PM	Improvement Partners
	Room 67-141	
	September 24	
Test Anxiety	12PM	Alex Aiello, LMFT
,	Room 67-141	
Adulting 101:	October 1	
Navigating the College	12PM	Alex Aiello, LMFT
Environment	Room 67-141	·
	October 2	
Cognitive Restructuring	12PM	Luis Contreras, LCSW
	Room 67-141	,
Swipe Right on Friendships:	October 8	
Real Life Social Advice	12PM	Luis Contreras, LCSW
	Room 67-141	
	October 15	
Connecting in Nature	12PM	Alicia Arambula, LCSW
Commodania m matana	Room 67-141	7 7
	October 16	
Finding Our True Selves	12PM	Carmen Cuevas, LCSW
Tillanig Gai Trac Scives	Room 67-141	carrier caevas, 20077
Grief & Loss	October 20	
Support Group	12PM	Margaret Daynes, LMFT
Support Group	Room 67-140	Wargaret Bayries, Eivii 1
	October 22	Binge & Underage
Alcohol Abuse	12PM	Drinking Initiative
Alcohol Abuse	Room 67-141	Diffixing initiative
	October 29	
Fating Disorder	12PM	UCSD
Eating Disorder	Room 67-141	ОСЗБ
First Constant		Luis Companyon LCSIM
First Generation	October 30	Luis Contreras, LCSW
College Students	12PM	SDSU Interns
Hoolthy Poloticashins	Room 67-141	
Healthy Relationships	November 5	South Pou Community Committee
Domestic Violence	12PM	South Bay Community Services
	Room 67-141	Luis Carrier and LOCAL
Hallaha Blass	November 6	Luis Contreras, LCSW
Holiday Blues	12PM	SDSU Interns
	Room 67-141	

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

<u>SWCPersonalWellness@swccd.edu</u>

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