



**HEALTH & WELLNESS
WORKSHOPS
SPRING 2026**

WORKSHOP	DATE / TIME	PRESENTER
Coffee With A Therapist	February 11 12PM Room 67-141	Alex Aiello, LMFT Alicia Arambula, LCSW
Grief & Loss Support Group	February 23 12PM Room 67-141	Margaret Daynes, LMFT
Grief & Loss Support Group	March 9 12PM Room 67-141	Margaret Daynes, LMFT
Healthy Relationships	March 11 12PM Room 67-141	Center for Community Solutions
Emotional Regulation	March 19 12PM Room 67-141	Margaret Daynes, LMFT Jaquelyn Gardea
Grief & Loss Support Group	March 23 12PM Room 67-141	Margaret Daynes, LMFT
Grief & Loss Support Group	April 6 12PM Room 67-141	Margaret Daynes, LMFT
Alcohol Abuse	April 15 12PM Room 67-141	Institute for Public Strategies
Grief & Loss Support Group	April 20 12PM Room 67-141	Margaret Daynes, LMFT
Eating Disorder	April 22 12PM Room 67-141	UCSD
Healthy Relationships	April 29 12PM Room 67-141	South Bay Community Services
Grief & Loss Support Group	May 4 12PM Room 67-140	Margaret Daynes, LMFT
Substance Abuse	May 6 12PM Room 67-141	Alvarado Parkway Institute

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Room 67-140