




PERSONAL WELLNESS SERVICES WORKSHOP SCHEDULE FALL 2023

WORKSHOP	DATE /TIME	PRESENTER
Suicide Prevention QPR Training	September 13 12pm Room 61A-104	Michele Madden Community Health Improvement Partners
Time Management	September 20 12pm Room 61A-104	Margaret Daynes LMFT
Habit Building & Goal Setting	September 27 12pm Room 61A-104	Alex Aiello LMFT
Alcohol Abuse	October 4 12pm Room 61A-104	Claudia Gonzalez Imperial Beach Community Clinic
Depression Awareness	October 11 12pm Room 61A-104	Luis Contreras LCSW
Healthy Relationships	October 18 12pm Room 61A-104	Juwel McClendon LCSW
Overview of Mental Health First Aid	October 26 12pm Room 68-202	Anthony Ewing Mental Health of America San Diego
Parent Struggles	November 1 12pm Room 61A-104	Luis Contreras LCSW
Substance Abuse	November 8 12pm Room 61A-104	Joe Eberstein Center for Community Research
Healthy Relationships	November 15 12pm Room 61A-104	Marci Miller South Bay Community Services
How to Navigate College as a First Generation Student	November 22 12pm Room 61A-104	Carmen Cuevas LCSW
Test Anxiety	November 29 12pm Room 61A-104	Luis Contreras LCSW
<div> <div> PERSONAL WELLNESS SERVICES SWCPersonalWellness@swccd.edu 619-421-6700 x5279 </div>  </div>		



Personal Wellness Services

Stress Resilience Workshops

Fall Schedule

These FREE Workshops are offered in the Fall Semester to Students to learn more about:

Mental Strength
Meditation
Gratitude
Relaxation Techniques
Anxiety Management
Stress Kit

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Dates	Time	Topic
September 21, 2023	12:00 PM – 1:00 PM Room 68-202	Finding Gratitude Juwel McClendon, LCSW
September 28, 2023	12:00 PM – 1:00 PM Room 68-202	Unlocking Your Mental Strength Alex Aiello, LMFT
October 12, 2023	12:00 PM – 1:00 PM Room 68-209	Anxiety Management Luis Contreras, LCSW
October 25, 2023	12:00 PM – 1:00 PM Room 61A-104	Stress Hackers Carmen Cuevas, LCSW
November 6, 2023	2:00 PM – 3:00 PM Room 68-202	Meditation: Essence, Practice & Flowering Jonathan Josebachvili, LMFT
November 30, 2023	12:00 PM – 1:00 PM Room 68-202	Self-Care & Making a Stress Kit Margaret Daynes, LMFT

