



# PERSONAL WELLNESS SERVICES WORKSHOP SCHEDULE FALL 2021

ZOOM MEETING ID NUMBER:  
917-4761-3639

WORKSHOP	DATE /TIME	PRESENTER
Suicide Prevention QPR Training	September 22 12pm	Michele Madden Community Health Improvement Partners
Alcohol Abuse	September 30 12pm	Jovita Arellano Institute for Public Strategies
Substance Abuse	October 7 12pm	Joe Eberstein Center for Community Research
Time Management	October 14 12pm	M. Daynes LMFT
Healthy Relationships	October 21 12pm	Jessica Valencia Center for Community Solutions
Healthy Relationships	October 28 12pm	Marci Miller South Bay Community Services
Stress Management	November 4 12pm	A. Aiello, LMFT
How to Navigate College as a First-Generation Student	November 9 12pm	C. Cuevas Licensed Clinical Social Worker
Anger Management	November 18 1pm	J. Davis Mental Health Counselor
Test Anxiety	December 1 12pm	J. Davis Mental Health Counselor

PERSONAL WELLNESS SERVICES  
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