



PERSONAL WELLNESS SERVICES

WORKSHOP

SPRING 2025

WORKSHOP	DATE / TIME	PRESENTER
Grief & Loss Support Group	February 24 12PM Room 58A-104	Margaret Daynes, LMFT
Adulting 101: Navigating the College Environment	March 5 12PM Room 68-202	Alex Aiello, LMFT
Time Management	March 6 12PM Room 68-202	Margaret Daynes, LMFT
Meditation: Essence & Practice	March 10 12PM Room 68-209	Jonathan Josebachvili, LMFT
Eating Disorder	March 12 12PM Room 68-202	UCSD
Mindfulness Monday	March 17 4PM Room 68-209	Jonathan Josebachvili, LMFT
Healthy Relationships Sexual Assault	March 19 12PM Room 68-202	Center for Community Services
Grief & Loss Support Group	March 24 12PM Room 58A-104	Margaret Daynes, LMFT
Mindfulness Monday	March 24 4PM Room 68-209	Jonathan Josebachvili, LMFT
Mental Health First Aid	March 26 12PM Room 68-202	Mental Health America of San Diego County
Mindfulness Monday	April 7 4PM Room 68-209	Jonathan Josebachvili, LMFT
Test Anxiety	April 9 12PM Room 68-202	Alex Aiello, LMFT
Slow Down In Nature	April 10 12PM Room 68-202	Alicia Arambula, LCSW

Mindfulness Monday	April 14 4PM Room 68-209	Jonathan Josebachvili, LMFT
Grief & Loss Support Group	April 21 12PM Room 58A-104	Margaret Daynes, LMFT
Mindfulness Monday	April 21 4PM Room 68-209	Jonathan Josebachvili, LMFT
Positive Psychology: Resilience and Self-Compassion	April 23 12PM Room 68-202	Luis Contreras, LCSW SDSU Interns
Navigating First Generation Challenges	April 24 12PM Room 68-202	Carmen Cuevas, LCSW
Mindfulness Monday	April 28 4PM Room 68-209	Jonathan Josebachvili, LMFT
Alcohol and Substance Abuse	April 30 12PM Room 68-202	UPAC
Self-Care Stress Kit	May 1 12PM Room 68-202	Margaret Daynes, LMFT
Mindfulness Monday	May 5 4PM Room 68-209	Jonathan Josebachvili, LMFT
Suicide Prevention	May 7 12PM Room 68-202	Community Health Improvement Partners
Grief & Loss Support Group	May 12 12PM Room 58A-104	Margaret Daynes, LMFT
Mindfulness Monday	May 12 4PM Room 68-209	Jonathan Josebachvili, LMFT
Healthy Relationships Domestic Violence	May 14 12PM Room 68-202	South Bay Community Services
Cognitive Restructuring	May 15 12PM Room 68-202	Luis Contreras, LCSW
Mindfulness Monday	May 19 PM Room 68-209	Jonathan Josebachvili, LMFT

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