

Prioritize Your Mental Health Now - ZOOM

Learn skills and tools to improve your emotional well-being and create balance in your life. We provide workshops each semester to support student health, happiness, and success. Workshops will be facilitated/co-facilitated by Mental Health Clinicians Daisy Cook, LCSW, Rachel Reyes & Nohely Ramirez, MSW Interns. Workshops are drop-in (no sign-up necessary), open to all LBCC enrolled students.

In Person- Wednesdays (refer to dates below)

Location- Pacific Coast Campus- BB-106

11:30am-12:30pm

February 14, 2024

Choose to Love Yourself First

Learn how to cultivate love for yourself through self-reflection and by strengthening your own self-image.

February 28, 2024

Create Peace in the Moment: Step into Self-Care

Tap into rest and relaxation through guided mindfulness activities including meditation, chair yoga, and a mindful craft.

March 13, 2024

Creating my Four-Leaf Clover: Power of the Mind

Learn how the power of our thoughts and actions can have a positive effect on our overall success and well-being.

March 27, 2024

Eggcellent Spring Wishes: Embracing your Inner Child

Childhood left us with many memories- some sweet and some sour. Come learn more about how these experiences may have shaped who you are today, and crack open your inner wishes for the kid in you.

April 17, 2024

Turn Over a New Leaf: Growing into New Beginnings

As the semester comes to a close, learn strategies to set realistic goals and cultivate a mindset of growth and lifelong learning.

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Zoom Wednesdays

<https://lbcc-edu.zoom.us/j/81487487705>

11:30am-12:30pm

February 21, 2024- Zoom

The College Juggle: Finding Balance and Managing Stress

Gain ways to cope with academic stress by utilizing time management strategies and prioritizing your self-care needs.

March 6, 2024- Zoom

Are You Experiencing Financial Stress?

Come and learn how to budget when your money is tight and decrease your stress by improving your financial knowledge.

March 20, 2024- Zoom

Depression: What You Need to Know

Know the signs and symptoms, and what causes depression. Get information on where to seek help.

April 10, 2024- Zoom

Tune In to Your Body: Intuitive Eating and Body Neutrality

Explore the principles of intuitive eating & body neutrality as ways to listen to and care for our bodies without judgment.

April 24, 2024- Zoom

It's All Relative: The Good, the Bad & the Complicated

Family can mean different things to different people. Join us as we discuss communication, clashing values, building healthy boundaries, and more.