



Rest and Relaxation Methods for Students with DSPS

**Tuesday, December 7
from 4:00-4:30pm**

<https://glendale-edu.zoom.us/j/95438973380>

Join us as Nicole leads mindfulness and relaxation techniques. Dedicate some time to practice mental well being before finals and the holidays start! Stay for the whole event and enter to win a chance at a raffle prize.

Nicole is currently a clinical trainee at GCC's Health Center. She is in her third year of graduate school at CSUN, earning her Master's degree in College Counseling and Student Services and Clinical Counseling.

For closed-captioning or ASL interpreting, please contact Kim Weissman, Lead Interpreter and Coordinator, at kweissman@glendale.edu.