



Destigmatize * Educate * Empower

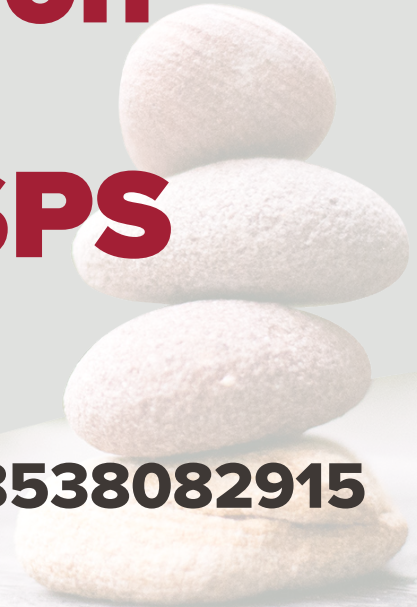
Rest and Relaxation Methods for Students with DSPS

Thursday, June 2, 2022

3:30-4:00pm

<https://glendale-edu.zoom.us/j/98538082915>

Meeting ID: 985 3808 2915



Join us as Nicole leads mindfulness and relaxation techniques. Dedicate some time to practice mental well-being before finals 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.

Closed-captioning and ASL interpreting will be provided. Please contact Kim Weissman, Lead Interpreter and Coordinator, at kweissman@glendale.edu for more info.

We thank the GCC Foundation for its generous grant that made this event possible.