

SPRING 2017 WORKSHOPS



Is This Love? Building Healthier Relationships

Tuesday, Feb 21, 2017
11:15am-12:35pm, HSS 253

Stress Management

Tuesday, Feb 28, 2017
11:15am-12:35pm, HSS 253

Happiness is an Inside Job

Tuesday, March 7, 2017
11:15am-12:35pm, HSS 253

Counting Blessings vs. Burdens: The Positive Effects of Gratitude

Thursday, March 9, 2017
11:15am-12:35pm, HSS 253

Stressed about Tests

Tuesday, March 14, 2017
11:15am-12:35pm, HSS 253

Wired and Tired: How to Improve Your Sleep

Tuesday, March 21, 2017
11:15am-12:35pm, HSS 253

Myths and Facts about Addiction

Thursday, March 23, 2017
11:15am-12:35pm, HSS 253

Control Your Anger Before it Controls You

Tuesday, March 28, 2017
11:15am-12:35pm, HSS 253

Introduction to Meditation

Thursday, April 6, 2017
11:15am-12:35pm, HSS 253

Music & Mental Health: Using Music for Expression and Healing

Tuesday, April 25, 2017
11:15am-12:35pm, HSS 253

Myths and Facts about Marijuana

Thursday, April 27, 2017
11:15am-12:35pm, HSS 253

Don't Believe Everything You Think: How to Change Your Negative Thoughts

Tuesday, May 2, 2017
11:15am-12:35pm, HSS 253

What to Do When a Friend Is Suicidal

Tuesday, May 9, 2017
11:15am-12:35pm, HSS 253

Stressed about Tests

Tuesday, May 16, 2017
11:15am-12:35pm, HSS 253

Navigating Alcohol and Drugs in College

Thursday, May 18, 2017
11:15am-12:35pm, HSS 253

Mindfulness: Giving Yourself the Gift of the Present

Tuesday, May 23, 2017
11:15am-12:35pm, HSS 253

Stress Management

Tuesday, May 30, 2017
11:15am-12:35pm, HSS 253

For more information, please contact
The Center for Wellness and Wellbeing at Santa Monica College
(310) 434-4503, LA-110