Gain tools to:

- Create an optimistic outlook
- Deal with stress in healthy ways
- Improve relationships

FREE REFRESHMENTS

Location: Parkside Complex (PSC) Room 12
Join us on
Mondays and Tuesdays
11 am - noon and 1 - 2 pm

Complete 6 - 8 workshops within 4 months and receive a

$20 Gift Card

The goal is to empower individuals who have experienced or witnessed a traumatic event.

Contact Health Services for additional information at:
Moreno Valley College (951) 571-6103