



MONDAY MEDITATION



ART & NATURE
THERAPY GROUP



THE MEETING PLACE:
NEURODIVERSE SPACE



IN THIS TOGETHER:
COMMUNITY TALKS

SPRING 2026 STUDENT HEALTH SERVICES



MEN'S THERAPY
GROUP

Support Groups,
Workshops &
Events



DIFFICULT EMOTIONS



CENTER FOR WELL-
BEING ACTIVITIES



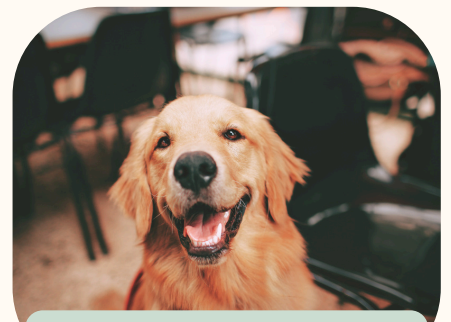
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CONNECTIONS IRL



MENTAL HEALTH
MORNING WALKS



PAWS & UNWIND

Call 310-660-3643 for
more info!



STUDENT HEALTH SERVICES

CENTER FOR WELL~BEING

Activities



Tuesday

April 21st: Tote-Bag & Pastry
@11am- 2pm

April 28th: Storybook Yoga
@12pm - 1pm

May 5th: Worry Stones
@11am- 2pm

May 12th: Therapy Dogs
@11am- 1pm

May 19th: Self-Care Kits
@11am- 2pm

May 26th: Karaoke
@11am- 2pm

June 2nd: Crochet Workshop
@11am- 2pm

June 9th: Therapy Dogs
@11am- 2pm

Wednesday

April 22nd: Succulent Pot Decorating
@11am- 2pm

April 29th: Slime Time
@11am- 2pm

May 6th: Ribbon Bouquet Making
@11am- 2pm

May 13th: Lotus Flower Origami
@11am- 2pm

May 20th: Board Game Frenzy
@11am- 2pm

May 27th: Nail Painting
@11am- 2pm

June 3rd: Bracelet Making
@11am- 2pm

June 10th: Iced Matcha Event
@11am- 2pm



Scan/click QR Code or call 310-660-3643 for more Spring 2026 info!

SPRING 2026 TRAINING CLASSES



MENTAL HEALTH FIRST AID

Provides training for initial help given to an adult with symptoms of mental health illness or crisis.

In-Person 2-Day Training Sessions:

Thurs & Fri: March 5th & 6th

Thurs & Fri: May 14th & 15th

**MUST REGISTER
TO ATTEND!**

Virtual 1-Day Training Sessions:

Friday: April 3rd

Friday: June 5th

NARCAN TRAINING

NO REGISTRATION
REQUIRED.

Learn about Narcan, how to use it and get trained and leave with 2 doses of Narcan.

In-Person Classes:

Date/Time:

March 4th @ 12-1pm @ Health Center

March 26th 10-11am @ Distance Education Room

April 23rd @ 11am-12pm @ Distance Education Room

June 3rd @ 12pm -1pm @ Health Center

STOP THE BLEED

NO REGISTRATION
REQUIRED.

The #1 cause of preventable death after injury is bleeding. You will be trained to help save a life.

In-Person Classes @ Health Center:

Dates: March 11th, April 22nd, May 13th & June 10th

Time: 11am -12pm



SCAN OR CLICK QR CODE FOR

MORE INFO!

