

Chaffey  College

College Wrap & The Office of Student Life

HOSTING THE FOLLOWING WORKSHOPS:

REDUCING STIGMA

THURSDAY, APRIL 7

4:30 PM – 5:30 PM

Learn about the stigma behind mental health and how to decrease the stigma.

Register at: [Reducing Stigma](#)

ASSERTIVE COMMUNICATION

THURSDAY, APRIL 21

4:30 PM – 5:30 PM

Learn how to use assertive communication and have healthy communication with others.

Register at: [Assertive Communication](#)

QUESTIONS?

Email sonia.juarez@chaffey.edu