

Hosting the  
following

# WORKSHOPS

FALL 2021

*Breaking Away and Becoming an Individual*  
**October 20th • 5pm**

Learn how to communicate effectively and identify your values as an individual.

*How to Put Yourself First in a Healthy Way*  
**October 27th • 5pm**

Working towards improved self-esteem and confidence while taking care of yourself.

**QUESTIONS?** Email [sonia.juarez@chaffey.edu](mailto:sonia.juarez@chaffey.edu)

Zoom link for all of the workshops:

<https://zoom.us/meeting/register/tJUkdO6rpzspE9FiEU0mD27b2jSfpQiDjtR>