

Hosting the
following

WORKSHOPS

You are not Alone: Coping with Trauma **February 2nd, 2023**

4:30-5:30pm (In-person in MACC-208 • Also via Zoom)

Learn about the different ways trauma can affect your life and how you can cope with trauma.

Love Languages **February 16, 2023**

4:30-5:30pm

Learn about love languages and how they play a role in many aspects of your life.



QUESTIONS?

Email sonia.juarez@chaffey.edu

Zoom link for all of the workshops: zoom.us/j/96700716542