

Hosting the
following

WORKSHOPS

Attachment Styles

March 2, 2023

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

Learn about different attachment styles, where they come from, and how we can improve on them to have healthier and more fulfilling relationships.

Breaking Away and Becoming an Individual

March 23, 2023

4:30-5:30pm

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



QUESTIONS?

Email sonia.juarez@chaffey.edu

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