

FREE LUNCH !!

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RESILIENCY WORKSHOPS: LEARN...

RELATIONSHIP SKILLS

MINDFULNESS TECHNIQUES

ANGER MANAGEMENT

STRESS REDUCTION

Provided by De Anza College's Psychological Services.

When: **November 14, 15, 17, 18** at **12pm-1pm**

Where: Don Bautista Room (same building as the cafeteria)

RSVP Dr. Wang : wangflorence@fhda.edu

