

Wellness Workshops

Spring 2020

Location: CAPS (SHCC-East) Conference Rm. (unless otherwise indicated)



All workshops are Drop-in; no sign-up necessary.

Students needing verification of attendance must arrive within 10 minutes of start time.

<https://www.fullerton.edu/caps/>

657-278-3040

STRESS WELLNESS <i>Identify how stress impacts you and increase skills/tools to decrease stress.</i>	MOOD WELLNESS <i>Learn how to understand and accept your emotions. Develop skills to increase positive emotional experiences.</i>	THOUGHT WELLNESS <i>Learn how your thoughts impact your mood and behavior. Gain skills to modify negative thoughts and beliefs.</i>
Friday, 1/31/20: 10:00-11:00 AM, Jessica Kim	Friday, 2/7/20: 10:00-11:00 AM, Jessica Kim	Monday, 2/10/20: 10:00-11:00 AM, Isra Yaghoubi
Monday, 2/3/20: 9:00-10:00 AM, Natalya Newcomb	Monday, 2/10/20: 9:00-10:00 AM, Hank Skulstad	Thursday, 2/20/20: 2:00-3:00 PM, Hank Skulstad
Wednesday, 2/5/20: 9:00-10:00 AM, Hank Skulstad 3:00-4:00 PM, Christal Stanley	Wednesday, 2/12/20: 9:00-10:00 AM, Hank Skulstad	Wednesday, 2/26/20: 11:00 AM-12:00 PM, Jessica Kim
Friday, 2/7/20: 3:00-4:00 PM, Marissa Hartel	Friday, 2/14/20: 9:00-10:00 AM, Christal Stanley	Thursday, 2/27/20: Brave Space (PLS 180) 2:00-3:00 PM, Hank Skulstad
Monday, 2/10/20: 2:00-3:00 PM, Natalya Newcomb	Wednesday, 2/19/20: 9:00-10:00 AM, Marissa Hartel	Thursday, 3/5/20: Brave Space (PLS 180) 1:00-2:00 PM, Natalya Newcomb
Monday, 2/24/20: 1:00-2:00 PM, Isra Yaghoubi	Monday, 2/24/20: 3:00-4:00 PM, Natalya Newcomb	Friday, 3/13/20: 10:00-11:00 AM, Natalya Newcomb
Thursday, 2/27/20: Brave Space (PLS 180) 12:00-1:00 PM, Isra Yaghoubi	Thursday, 2/27/20: Brave Space (PLS 180) 1:00-2:00 PM, Natalya Newcomb	Friday, 3/20/20: 9:00-10:00 AM, Christal Stanley 11:00 AM-12:00 PM, Marissa Hartel
Thursday, 3/5/20: Brave Space (PLS 180) 12:00-1:00 PM, Hank Skulstad	Thursday, 3/5/20: Brave Space (PLS 180) 11:00 AM-12:00 PM, Isra Yaghoubi	Monday, 4/6/20: 1:00-2:00 PM, Isra Yaghoubi
Friday, 3/13/20: 11:00 AM-12:00 PM, Hank Skulstad	Monday, 3/16/20: 1:00-2:00 PM, Hank Skulstad	Thursday, 4/16/20: 2:00-3:00 PM, Hank Skulstad
Thursday, 3/26/20: 2:00-3:00 PM, Natalya Newcomb	Wednesday, 3/18/20: 9:00-10:00 AM, Isra Yaghoubi	Friday, 4/24/20: 10:00-11:00 AM, Natalya Newcomb
Monday, 4/13/20: 10:00-11:00 AM, Isra Yaghoubi	Monday, 4/13/20: 2:00-3:00 PM, Natalya Newcomb	Monday, 5/4/20: 11:00 AM-12:00 PM, Isra Yaghoubi