

# Soulful Wellness Wednesdays

*Facilitated by CAPS Counselor, Myesha Dunn, LMFT*

Soulful Wellness Wednesday is a time for Black identifying students to learn and practice self-care strategies in community. Black faculty and staff are welcome to join in support of our students.



**Every 1st Wednesday of the month  
in the AARC PLS 180  
1-2PM**

*2/7, 3/6, 4/10, and 5/1*

*For more info, email [mydunn@fullerton.edu](mailto:mydunn@fullerton.edu)*