<table>
<thead>
<tr>
<th>STRESS WELLNESS</th>
<th>MOOD WELLNESS</th>
<th>THOUGHT WELLNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify how stress impacts you and increase skills/tools to decrease stress.</td>
<td>Learn how to understand and accept your emotions. Develop skills to increase positive emotional experiences.</td>
<td>Learn how your thoughts impact your mood and behavior. Gain skills to modify negative thoughts and beliefs.</td>
</tr>
</tbody>
</table>
| **Wednesday, 10/16/19**  
11:00 AM - 12:00 PM, Natalya Newcomb, Brave Space (PLS 180) | **Friday, 10/11/19**  
1:30 – 3:00 PM, Dr. David Mitchell and Jacquelyn Gerali, M.S., Gordon Hall 148AB | **Wednesday, 10/16/19**  
2:30 – 4:00 P.M., Dr. David Mitchell and Jacquelyn Gerali, M.S., Langsdorf Hall 210 |
| **Wednesday, 10/23/19**  
10:00 - 11:00 AM, Hank Skulstad and Christal Stanley, Brave Space (PLS 180) | **Thursday, 10/24/19**  
2:00 – 3:00 P.M., Dr. Ladan Maleki, Brave Space (PLS 180) | **Wednesday, 10/16/19**  
10:00-11:00 AM, Hank Skulstad and Marissa Hartel, Brave Space (PLS 180) |
| **Wednesday, 10/30/19**  
9:00 – 10:00 AM, Isra Yaghoubi, Brave Space (PLS 180) | **Wednesday, 10/16/19**  
9:00 – 10:00 AM, Isra Yaghoubi and Jessica Kim, Brave Space (Pollak Library South 180) | **Wednesday, 10/23/19**  
9:00 – 10:00 AM, Isra Yaghoubi, Brave Space (PLS 180) |
| **Friday, 11/01/19**  
10:00 – 11:00 A.M., Jessica Kim, CAPS Conference Room | **Wednesday, 10/23/19**  
11:00 AM - 12:00 PM, Natalya Newcomb, Brave Space (PLS 180) | **Friday, 10/25/19**  
3:00 – 4:00 P.M., Jessica Kim, CAPS Conference Room |
| **Tuesday, 11/05/19**  
11:00 AM - 12:00 PM, Natalya Newcomb, Conference Room | **Wednesday, 10/25/19**  
10:00 – 11:00 A.M., Christal Stanley, CAPS Conference Room | **Wednesday, 10/30/19**  
11:00 AM - 12:00 PM, Natalya Newcomb, Brave Space (PLS 180) |
| **Friday, 11/08/19**  
3:00-4:00 PM, Marissa Hartel, CAPS Conference Room | **Wednesday, 10/30/19**  
10:00-11:00 AM, Hank Skulstad, Brave Space (PLS 180) | **Thursday, 11/07/19**  
11:00 AM – 12:00 PM, Hank Skulstad, CAPS Conference Room |
| **Tuesday, 11/12/19**  
11:00 AM -12:00 PM, Natalya Newcomb, Conference Room | **Friday, 11/01/19**  
1:00 – 2:00 P.M., Marissa Hartel, CAPS Conference Room | **Friday, 11/08/19**  
1:00-2:00 PM, Christal Stanley, CAPS Conference Room |
| **Thursday, 11/14/19**  
11:00 AM -12:00 PM, Hank Skulstad, Conference Room | **Wednesday, 11/06/19**  
9:00 – 10:00 AM, Isra Yaghoubi, CAPS Conference Room | **Wednesday, 11/13/19**  
2:00-3:00 PM, Isra Yaghoubi, CAPS Conference Room |
| **Monday, 11/19/19**  
2:00-3:00 PM, Isra Yaghoubi, CAPS Conference Room | **Wednesday, 11/21/19**  
3:00-4:00 PM, Hank Skulstad, Conference Room | **Wednesday, 11/19/19**  
11:00 AM -12:00 PM, Natalya Newcomb, CAPS Conference Room |
| **Monday, 12/02/19**  
10:00-11:00 AM, Natalya Newcomb, CAPS Conference Room | **Wednesday, 12/04/19**  
9:00 – 10:00 AM, Isra Yaghoubi, CAPS Conference Room | **Wednesday, 12/04/19**  
1:00-2:00 PM, Hank Skulstad, CAPS Conference Room |
| **Thursday, 12/12/19**  
3:00-4:00 PM, Hank Skulstad, CAPS Conference Room | **Monday, 12/09/19**  
9:00-10:00 AM, Natalya Newcomb, CAPS Conference Room | **Wednesday, 12/11/19**  
9:00 – 10:00 AM, Isra Yaghoubi, CAPS Conference Room |
SLEEP WELLNESS: Learn common myths and patterns of sleep. Learn sleep hygiene skills to help improve your sleep.

❖ Friday, 10/25/19, 1:30 – 3:00 PM, Dr. David Mitchell and Jacquelyn Gerali, M.S., Gordon Hall 148AB

Location: SHCC-East, Main 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