

# Each Mind Matters

SEMINAR SERIES

*These FREE seminars are designed to provide help, support and encouragement to all CHC students.*

*Each Mind Matters is California's Mental Health Movement dedicated to a shared vision of mental wellness and equality.*

## Fall Semester

**All Seminars held  
in LRC 208  
("The Fishbowl")**

### **Suicide Awareness: Be the Difference!**

September 16 Noon-1 pm.

### **Building Healthy Self-Esteem**

October 22 1-2 pm

### **Motivation**

November 18 Noon-1 pm.

### **Finances and Time Management**

December 8 1-2 pm.

#### **For More Information:**

Evan Stenard, CHC Counselor  
SSB-Room 208 • 909-389-3329



**EACH MIND  
MATTERS**  
California's Mental Health Movement