

Each Mind Matters

SEMINAR SERIES



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

Wednesdays

Noon-1:00 pm
(College Hour)

LRC-208
(The "Fishbowl")

For More Information:

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

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

February 4: Successful Relationships in College

March 11: Dealing With Social Pressures and Harassment, or "Stand Up And Be Yourself."

April 8: Family Pressures and Issues, or "Turning Family Problems Into Strengths."

May 6: Stress and Anxiety Management, or "Chill Out, Don't Stress Out."



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