



**Student
Health Center**
East Los Angeles College

ViaCare
community health center

+ + THE ELAC STUDENT HEALTH CENTER PRESENTS

+ +
***MENTAL HEALTH
WORKSHOPS***

- Self-Care & Mental Wellness in COVID Times, 11/9, 12:30-1:30pm
- Depression, Stress & Anxiety - Mental Health & Other Support Services for ELAC Huskies, 11/12, 2-3pm
- Suicide Prevention - Mental Health & Other Support Services for ELAC Huskies, 11/17, 12:30-1:30pm
- Depression, Stress & Anxiety, 11/24, 12pm
- Self-Care & Mental Wellness in COVID Times, 12/8, 3-4pm
- Depression, Stress & Anxiety, 12/9, 1-2pm
- Suicide Prevention! Know the Signs, 12/10, 12:30-1:30pm + + +
- Self-Care & Mental Wellness in COVID Times - Mental Health & Other Support Services for ELAC Huskies, 12/11, 11am-12pm + + +
- Suicide Prevention! Know the Signs, 12/11, 3-4pm

SIGN UP: [HTTPS://LINKTR.EE/ELACSHC](https://linktr.ee/elacshc)