



STUDENT WELLNESS WORKSHOP

Join us in this student wellness workshop, where the Merritt College Student Wellness Team will address:

Depression

Anxiety

Healthy Boundaries
and Self Care

THURSDAY APRIL 13TH, 2023
(2:30-3:30PM)



Zoom meeting ID:
848 1356 5874

For more info call the learning center at
(510) 306-4112 Or visit us at
merritt.edu/learningcenter/

