



Student Employee Welfare Presents  
**Staff Wellness Series 2020-2021**

<p><b>Workshop #1</b></p> <p><b>Work/Life Balance Pt.1: Setting up your workspace</b></p> <p>Wednesday, 09/30/20 2:30 - 3:00 pm Thursday, 10/01/20 3:00 - 3:30 pm</p> <p>Presenters: Regina An, LCSW &amp; Anny Cruz, LMFT</p> <p><a href="#">Click here to join Zoom</a></p>	<p><b>Workshop #2</b></p> <p><b>Work/Life Balance Pt.2: Setting boundaries between work and home</b></p> <p>Wednesday, 10/21/20 3:00 - 3:30 pm Thursday, 10/22/20 3:00 - 3:30 pm</p> <p>Presenter: Lorraine Viade, Psychologist, DMH- LA County</p> <p><a href="#">Click here to join Zoom</a></p>
<p><b>Workshop #3</b></p> <p><b>Get ready, get set, unwind, and take some time for you Pt. 1: Mindfulness</b></p> <p>Wednesday, 11/04/20 3:00 - 3:30 pm Thursday, 11/05/20 3:00 - 3:30 pm</p> <p>Presenters: Sabrina Son, LCSW &amp; Ni'Kysha Johnson, Counselor</p> <p><a href="#">Click here to join Zoom</a></p>	<p><b>Workshop #4</b></p> <p><b>Get ready, get set, unwind, and take some time for you Pt. 2: Stress Management</b></p> <p>Wednesday, 01/20/21 3:00 - 3:30 pm Thursday, 01/21/21 3:00 - 3:30 pm</p> <p>Presenters: Denise Fernandez, Counselor &amp; Peter Wang, Counselor</p> <p><a href="#">Click here to join Zoom</a></p>
<p><b>Workshop #5</b></p> <p><b>Taking a moment to reflect</b></p> <p>Wednesday, 02/17/21 3:00 - 3:30 pm Thursday, 02/18/21 3:00 - 3:30 pm</p> <p>Presenters: Mailin Chan, LCSW &amp; Sally Yoo, Counselor</p> <p><a href="#">Click here to join Zoom</a></p>	<p><b>Workshop #6</b></p> <p><b>Rejuvenate and look forward</b></p> <p>Wednesday, 03/03/21 3:00 - 3:30 pm Thursday, 03/04/21 3:00 - 3:30 pm</p> <p>Presenter: Lorraine Viade, Psychologist, DMH-LA County</p> <p><a href="#">Click here to join Zoom</a></p>

If you have any questions, please contact  
Student Employee Welfare office at (626) 943-3410.

