

#MindMatters

4 – Week Zoom Workshop
July 2025

GET UP TO
\$80
IN GIFT CARDS!

FREE for ALL, ages 13+

- Trauma Informed • Respectful Facilitators •
- LGBTQIA Friendly • Come As You Are •

MindMatters offers **practical skills** and **strategies** to **build resiliency** and **take charge** of **our lives** and **our reactions**.

LEARN ABOUT

- Trauma Recovery
- Building New Habits
- How to Handle Tough Emotions
- Identifying Feelings & Managing Emotions
- Anxiety Tools
- How to Build a Circle of Support

Mon

7/7
7/14
7/21
7/28

Wed

7/9
7/16
7/23
7/30

5 to 6:30pm

WHEN?

*Why do I
worry so much?*



Questions?:

mindmatters@communitycollege.org

SIGN UP!



THE COMMUNITY COLLEGE
FOUNDATION

bit.ly/4gwq951