

#MindMatters

4 - Week Zoom Workshop
August & September 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 Wed

8/11	8/13
8/18	8/20
8/25	8/27
no class on 9/1	9/3
9/8	

5 pm to 6:30 pm

WHEN?

*Why do I
worry so much?*



Questions?:

mindmatters@communitycollege.org

THE COMMUNITY COLLEGE
FOUNDATION

SIGN UP!



bit.ly/4gwq951