

# Mental Health Workshop Series for Men

MAY 3, 2023	How to handle the stressors of being a college student.
MAY 10, 2023	What is anxiety and how can we manage it?
MAY 17, 2023	What does ADHD look like and how do we deal with it?
MAY 24, 2023	How do traumatic experiences impact us?
MAY 31, 2023	The importance of relationships and how it impacts our mental health.
JUNE 7, 2023	Coping Mechanisms: Tips on Effective Coping Strategies

**WHEN: WEDNESDAYS FROM 12 PM - 1 PM**

**WHERE: THE NEST (ROOM 437)**

**PRESENTED BY: CARLOSJAVIER SANCHEZ, M.A.**  
**(SUPERVISED BY: DR. DONNA LEE, PSY30050)**

CARLOSJAVIER HAS OBTAINED HIS MASTER'S IN SPORT PSYCHOLOGY AND IS CURRENTLY A DOCTORAL CLINICAL PSYCHOLOGY STUDENT, AND A PSYD TRAINEE WITH JFK'S COMMUNITY-BASED COUNSELING PROGRAM WHO OFFERS WELLNESS COUNSELING AT SOLANO COMMUNITY COLLEGE.

**If interested in attending please contact:**  
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