

Spring

WORKSHOPS and EVENTS



FEBRUARY

Affordable Care Act Workshop*

Tuesday, February 4th - 11:00 AM TO 12:00 PM
Doyle Library, Room 4245
Santa Rosa Campus

PEERS Workshop: Goal Setting for Success

Thursday, February 6th - 5:00 PM TO 7:00 PM
Plover Hall, Room 558
Santa Rosa Campus

Improving Communication Skills

Wednesday, February 19th - 12:00 PM TO 1:00 PM
Bertolini Center for Student Leadership
(adjacent to the Cybear Center)
Santa Rosa Campus

MARCH

Exercise & Yoga for Anxiety & Depression

Tuesday, March 4th - 12:00 PM TO 1:00 PM
Bertolini Center for Student Leadership
(adjacent to the Cybear Center)
Santa Rosa Campus

Affordable Care Act Workshop*

Video-conferenced to Petaluma Campus
Wednesday, March 5th - 12:00 PM TO 1:00 PM
Doyle Library, Room 4245
Santa Rosa Campus

QPR Workshop: Suicide Prevention

Friday, March 28th - 10:00 AM TO 11:30 AM
Plover Hall, Room 558
Santa Rosa Campus

APRIL

PEERS Workshop: Sexual Assault Awareness

Thursday, April 10th - 5:00 PM TO 7:00 PM
Plover Hall, Room 558
Santa Rosa Campus

MAY

How To Sleep Better Workshop

Wednesday, May 7th - 12:00 PM TO 1:00 PM
Bertolini Center for Student Leadership
(adjacent to the Cybear Center)
Santa Rosa Campus

PEERS Workshop: Catching your ZZZZZZZZZs

Wednesday, May 7th - 5:00 PM TO 7:00 PM
Bertolini Student Activities Center
Santa Rosa Campus

Stress Relief Day

Wednesday, May 14th - 11:00 AM TO 2:00 PM
Screenings & Activities
Bertolini Quad
Santa Rosa Campus

PETALUMA CAMPUS

MARCH

Affordable Care Act Workshop

Video-conference live from Santa Rosa Campus
Wednesday, March 5th - 12:00 PM TO 1:00 PM
Richard Call Building, Room 602

PEERS Workshop: Let's Talk About Sex!

Wednesday, March 5th - 5:00 PM TO 7:00 PM
Mahoney Reading Room

APRIL

Excercise & Yoga for Anxiety & Depression

Monday, April 14th - 12:00 PM TO 1:00 PM
Kathleen Doyle Hall, Room 241

MAY

How To Sleep Better Workshop

Thursday, May 1st - 1:30 PM TO 2:30 PM
Kathleen Doyle Hall, Room 243

Stress Relief Day

Monday, May 12th - 11:00 AM TO 2:00 PM
Screenings & Activities
Rotary Plaza

*Same-day Enrollment Appointments Available