

# **Supporting Highly Mobile & At-Risk Students**

### Building Confidence and Assertiveness

Date: January 17, 2025 Time: 8:30 am - 12:00 pm Location: La Lomita Room Workshop #351091

#### Communication Strategies

Date: February 7, 2025 Time: 8:30 am - 12:00 pm Location: Sal Del Rey Room Workshop #351093

### Goal Setting & Getting Things Done

Date: April 25, 2025 Time: 8:30 am - 12:00 pm Location: Arroyo Room Workshop #351786

## **Public Speaking**

Date: May 20, 2025 Time: 8:30 am - 12:00 pm Location: Arroyo Room Workshop #351788

## All workshops will be held at Region One

HOSTED BY THE COUNSELING & MENTAL HEALTH DEPARTMENT FOR MORE INFORMATION CONTACT TANA ARMITAGE AT (956) 984-6069