



NURTURING RESILIENCE: WORKSHOP

SEL AND SELF-CARE PRACTICES

HOSTED BY THE COUNSELING & MENTAL HEALTH DEPARTMENT



CREATIVE BEING
COUNSELING & CONSULTING



Calming Strategies



Mindful Movement



Melodies and TLC

DATE: APRIL 10, 2025

TIME: 8:00 AM – 4:00 PM

LOCATION: SAL DEL REY REGION ONE
EDUCATION SERVICE CENTER

AUDIENCE: GEAR UP COLLEGE NOW

WORKSHOP #353792



For more
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Agenda

AM Session:

Facilitated by Creative Being--Explore each of the five SEL competencies in depth, providing participants with actionable strategies to implement them. Provide participants with different activities that they may consider using and allow them time to experience a few for themselves.

PM Session:

Facilitated by the Counseling & Mental Health Department

- **Melodies and TLC**-discover the transformative power of music (toolkit provided)
- **Shades of Serenity**-focus on mindfulness, relaxation, and self-care (book provided)
- **Mindful movement and guided meditation**-join us in a stretching and breathing technique session (toolkit provided)

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