



Mental Health Workshops

Monthly group therapy sessions presented by OTW

TUESDAY
October 8
Room D-207

11:00am
&
2:00pm



*Join your Outside the Wire counselor for monthly group sessions to promote mental wellness and self care.
Santa Ana College Veterans, I am here to support you!*



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The Challenges of Reintegration

Agenda

- Sign In
- Welcome
- Guided Components**
 - * Interpersonal Relationships
 - * Change vs. Adaptation
 - * Appreciating the process
 - * Open Discussion

**please note, the 2pm session will follow the same agenda*