

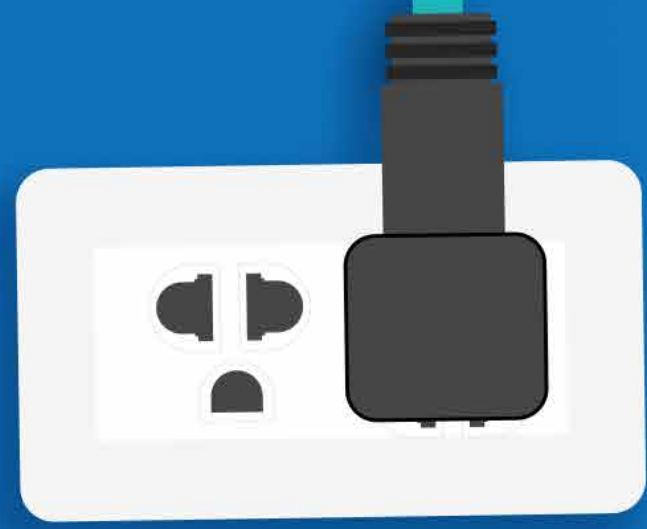
# SEEKING



**MORENO  
VALLEY  
COLLEGE**

# Success

## Learn how to:



- **Manage stress**
- **Increase GPA**
- **Deal with test anxiety**
- **Improve test taking skills**
- **How to succeed in college**
- **Suicide prevention & awareness**

## For more information and location:

**Please contact Moreno Valley College Student Health  
and Psychological Services (951) 571-6103  
or Carlos Carrio at [carlos.carrio@mvc.edu](mailto:carlos.carrio@mvc.edu)**

## Join us on

## Mondays 1pm - 2pm

or

## Tuesdays 11 am - 12pm



Riverside Community College District is committed to providing access and reasonable accommodation to all District programs and activities. Accommodations for persons with disabilities may be requested by contacting the program/event organizer, Carlos Carrio at (951) 571-6289 or the office of Diversity, Equity and Compliance at (951) 222-8039 *no less than 3 days before the event*. Requests received after this date will be honored whenever possible.  
Riverside Community College District se compromete a proporcionar el acceso y alojamiento razonable a todos los programas y actividades del Distrito. Alojamiento para las personas con discapacidades puede solicitarse poniéndose en contacto con el organizador del programa/evento, Carlos Carrio a (951) 571-6289 o a la oficina de la Diversidad, Equidad y Cumplimiento al (951) 222-8039 hasta no menos de 3 días antes del evento. Solicitudes recibidas después de esta fecha se cumplirán cuando sea posible.