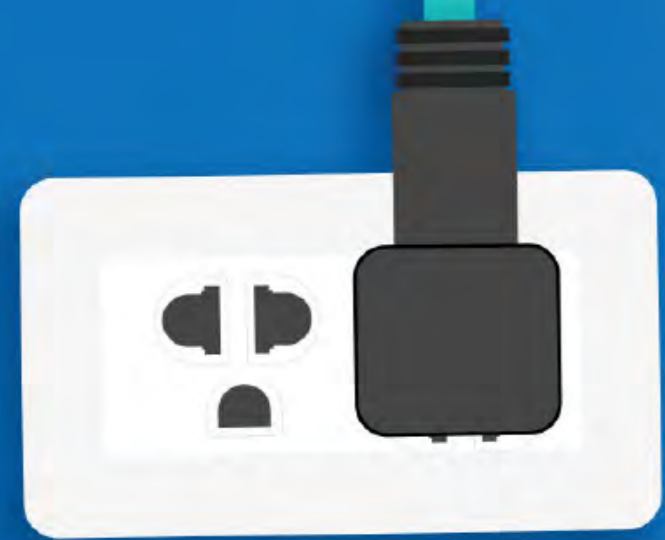


SEEKING



Success



FREE WORKSHOPS

for any individual over the age of 16 years old, to help enhance your coping skills.

We are here to help reduce these symptoms:

- NIGHTMARES, FLASHBACKS, INTRUSIVE IMAGES
- DIFFICULTY WITH SLEEP
- IRRITABLE OR AGGRESSIVE BEHAVIOR
- DIFFICULTIES IN RELATIONSHIPS, WORK ENVIRONMENT, ACADEMICS
- NEGATIVE THOUGHTS AND MOOD
- AVOIDANCE OF SITUATIONS OR PEOPLE

\$20 GIFT CARD after completing 8 different workshops. **FREE FOOD** and **PRIZES** at each session.

Contact Lynnette Navarro for additional information

MORENO VALLEY COLLEGE (951)571-6103 • RIVERSIDE CITY COLLEGE (951) 222-8151 • Lynnette.navarro@rcc.edu

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, Lynette Navarro at (951) 571-6103 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, Lynette Navarro a (951) 571-6103 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.

