

# EMOTIONAL WELLNESS Workshops



**NOCE is excited to announce our virtual groups to promote and support your mental health!**

During these sessions, you will learn important information about a variety of mental health topics and how to keep a balanced and relaxed mind.



*Facilitated by Maria Noemi Vidal, MEd, LMFT*



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**JOIN US ON ZOOM!**

TOPIC: EMOTIONAL WELLNESS  
**Meeting ID: 862 6541 0349**  
**Passcode: 167925**



*Join Us Online:* Scan the QR-Code or use the Meeting ID and Passcode

Online Workshop Topic	Tuesday Date & Time	Friday Date & Time
<b>Well-being: The Eighth Dimensions of Wellness</b> (Learn how to find general balance and fulfillment in your live)	Jan. 28, 2025 4 p.m. – 5 p.m.	Jan. 31, 2025 10 a.m. – 11 a.m.
<b>Understanding our Emotions</b> (Learn the variety of human emotions and how to manage them healthily)	Feb. 4, 2025 4 p.m. – 5 p.m.	Feb. 7, 2025 10 a.m. – 11 a.m.
<b>Keys for Academic Success</b> (Identify areas that might be affecting your academic performance and strategies for how to achieve academic success)	Feb. 11, 2025 4 p.m. – 5 p.m.	Feb. 14, 2025 10 a.m. – 11 a.m.
<b>Understanding and coping with anxiety and depression</b> (Learn the cause of anxiety and depression and alternatives to overcome these conditions)	Feb. 18, 2025 4 p.m. – 5 p.m.	Feb. 21, 2025 10 a.m. – 11 a.m.
<b>Change your thoughts, change your mind</b> (Identify your negative thinking patterns and how to change them)	Feb. 25, 2025 4 p.m. – 5 p.m.	Feb. 28, 2025 10 a.m. – 11 a.m.
<b>Mindfulness</b> (Learn how to enhance mind-body awareness of present-moment experience to improve your health and well-being)	Mar. 4, 2025 4 p.m. – 5 p.m.	Mar. 7, 2025 10 a.m. – 11 a.m.

Online Workshop Topic	Tuesday Date & Time	Friday Date & Time
<b>Digital Wellness</b> (Create balance in your life while living in a digital world)	Mar. 11, 2025 4 p.m. – 5 p.m.	Mar. 14, 2025 10 a.m. – 11 a.m.
<b>The Importance of Self-Care-Self Love</b> (Learn how to care for your body, mind and your emotional needs)	Mar. 18, 2025 4 p.m. – 5 p.m.	Mar. 21, 2025 10 a.m. – 11 a.m.
<b>Trauma and Healing</b> (Learn what is trauma and how traumatic stress affects the body, mind, spirit and emotions, and the importance of getting help)	Mar. 25, 2025 4 p.m. – 5 p.m.	Mar. 28, 2025 10 a.m. – 11 a.m.
<b>Resilience and how to increase it</b> (Learn what resilience is and key abilities to adapt and overcome difficulties and adversity)	Apr. 1, 2025 4 p.m. – 5 p.m.	Apr. 4, 2025 10 a.m. – 11 a.m.
<b>Wellness Toolkit</b> (Learn 6 important strategies to improve your emotional health)	Apr. 8, 2025 4 p.m. – 5 p.m.	Apr. 11, 2025 10 a.m. – 11 a.m.
<b>Healthy dating and healthy Relationships</b> (Learn to identify the characteristics of healthy and unhealthy relationships)	Apr. 15, 2025 4 p.m. – 5 p.m.	Apr. 18, 2025 10 a.m. – 11 a.m.
<b>The dangers of Substance abuse</b> (Learn what substance use and abuse is and the warning signs that help may be needed)	Apr. 22, 2025 4 p.m. – 5 p.m.	Apr. 25, 2025 10 a.m. – 11 a.m.
<b>Self-esteem and assertiveness</b> (Learn what is healthy self-esteem and techniques for eliminating unhealthy thought patterns)	Apr. 29, 2025 4 p.m. – 5 p.m.	May 2, 2025 10 a.m. – 11 a.m.
<b>Joy and Laughter</b> (Learn how joy and laughter act in your brain and impact your overall wellness)	May 6, 2025 4 p.m. – 5 p.m.	May 9, 2025 10 a.m. – 11 a.m.



## In-person Presentations:

Spanish Translations as Needed.

Date	Time	In-Person Workshop Topic	Location
Feb. 8, 2025	11:30 a.m. - 12:30 p.m.	Understanding and Coping with Anxiety & Depression	Anaheim Campus: 402A
Feb. 19, 2025	1 p.m. - 2 p.m.	Understanding and Managing Emotions	Cypress Center: TE2-219
Mar. 18, 2025	11:30 a.m. - 12:30 p.m.	Change Your Thoughts, Change Your Mind	Anaheim Campus: 402A
Mar. 19, 2025	1 p.m. - 2 p.m.	Substance Abuse Disorder	Cypress Center: TE2-219
Apr. 16, 2025	1 p.m. - 2 p.m.	Mindfulness and Stress Management	Cypress Center: TE2-219
Apr. 29, 2025	11:30 a.m. - 12:30 p.m.	Achieving your Wellness Toolkit	Anaheim Campus: 402A
May 14, 2025	1 p.m. - 2 p.m.	Building Resilience	Cypress Center: TE2-219