

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



Contact Info: (714) 808-4668, or mvidal@noce.edu

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

Workshop Topic	Tuesday Date & Time	Friday Date & Time
Well-being: The Eighth Dimensions of Wellness (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.
Understanding our Emotions (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.
Keys for Academic Success (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.
Understanding and coping with anxiety and depression (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.
Change your thoughts, change your mind (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.

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Mindfulness (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.
Digital Wellness (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.
The Importance of Self-Care-Self Love (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.
Trauma and Healing (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.
Resilience and how to increase it (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.
Wellness Toolkit (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.
Healthy dating and healthy Relationships (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.
The dangers of Substance abuse (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.
Self-esteem and assertiveness (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.
Joy and Laughter (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.



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 Western Association of Schools and Colleges
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 Burlingame, CA 94010
 Website: www.acswasc.org

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