

# MENTAL HEALTH MONDAY

Join CAPs and the Lewis Center

**Mondays 4:00 - 4:45pm**

MAY

3

Processing Emotions

MAY

10

Panel: Ask a Therapist.  
The Who, What, When,  
Where and Why of  
Psychological Therapy

MAY

17

Mental Prep for Finals

Join us again in  
September when  
Mental Health Monday's  
resume!

To register visit [tiny.cc/mentalhealthmonday](https://tiny.cc/mentalhealthmonday)



Randall Lewis Center for  
Well-Being and Research  
University of La Verne