

MENTAL HEALTH MONDAY

Join CAPs and the Lewis Center

Mondays 4:00 - 4:45pm

APRIL

5

Feeling Lost: Creating a
New Identity

APRIL

12

Self Kindness & Self
Acceptance

APRIL

19

How to be an Ally to the
AAPI Community

APRIL

26

Self Compassion & Self
Esteem

To register visit tiny.cc/mentalhealthmonday.



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