

# MCAPS Spring '24 Workshops



## Anxiety Toolbox

.....  
4/3, 4/10, 4/17  
2-3pm



## Recovering From Relationship Trauma

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3/5 11-12pm



## Self- Compassion

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4/10 1-2pm

## Wellness Workshop Series

- 1/26 **Soothing Slime**  
Outside Honnold Library
- 1/31 **Best Life Bracelets**  
CMC Campus- Heggblade
- 2/13 **Read-Me-When Jar**  
Pomona Campus- Smith Center Quad
- 2/22 **Peaceful Playdough**  
Outside Honnold Library
- 3/1 **Stress-less Balloons**  
HMC Campus- Platt

- 3/7 **Tranquili-Tea**  
MCAPS Annex
- 3/21 **Worry Jars**  
Scripps Campus
- 3/27 **Take-What-You-Need Bowl**  
Outside Honnold Library
- 4/1 **Affirmation Bottles**  
Pitzer Campus- Scott Hall
- 4/8 **Calm Jars**  
Outside Honnold Library