MCAPS Spring ’24 Workshops

**Anxiety Toolbox**
4/3, 4/10, 4/17
2-3pm

**Self-Compassion**
4/10 1-2pm

**Recovering From Relationship Trauma**
3/5 11-12pm

**Wellness Workshop Series**

1/26  **Soothing Slime**  
Outside Honnold Library

1/31  **Best Life Bracelets**  
CMC Campus- Heggbblade

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