SDCC Mental Health Counseling, HUBU, & Active Minds Chapter present:

**V-A-R: VALIDATE, APPRECIATE, REFER TRAINING**

Active Minds' everyday guide for everyday challenges. A conversation can be life changing.

**Wednesday, March 13**

1:00–2:00pm

Zoom ID: 852 9364 1372

Code: 182910

*For students & faculty/staff | Flex #21312*

For questions, or accommodations 1 week in advance, contact: citymhcc@sdc.edu