



Wellness WEDNESDAY

Led by an SDMC mental health counselor, this group setting provides Miramar students assistance on life's challenges through wellness tips, tools, and resources.



ZOOM INFO
MEETING ID: 853 2979 0898
PASSWORD: WW

This zoom event is not a substitution for formal therapy or a crisis/emergency service.

SAN DIEGO MIRAMAR COLLEGE

MENTAL HEALTH COUNSELING