

9/24
12p

K1-211

Coping with

A₁ N₁ X₈ I₁ E₁ T₁ Y₄

*about your
immigration status*

Undocu-Circles

The Dreamers Support Office and Mental Health Services invite you to our first Undocu-Circle of the semester to discuss the challenges of being an immigrant and through fun group activities learn healthy coping skills.

Join us in the Basic Needs Lounge (K-211) on the second floor of the Student Services Building.

Icebreaker, Hamster Ball Activity, Mindfulness Activity

FREE Coffee or Hot Cocoa

FREE Subscription to Headspace

Gift Bag (while supplies last)



Miramar Dreamers Support Office
Located in K1-304 • 619-388-7970
sdmiramar.edu/dreamers

SAN DIEGO MIRAMAR COLLEGE
MENTAL HEALTH COUNSELING

Miramar Mental Health Counseling
Located in K2-102 • 619-388-7881
sdmiramar.edu/services/healthcenter

For disability accommodations email eborek@sdccd.edu at least three days in advance.