WOMEN'S WORK & WELLBEING WORKSHOP

A space for women to:
- Prioritize mental health and wellbeing
- Explore challenges in education and work
- Develop life skills
- Create connections
- Build self-confidence

Facilitated by: CAPS Counselor, Marie Ekmekjian
Joined by staff faculty and guests each week to share their lived experiences, professional expertise, and personal insights

Meets
Wednesday at 4:30PM
@ Inclusion Center
October 18th-December 6th

For questions or accommodations contact MEkmekjian@csum.edu