

CAPS Spring 2017 Workshops

Workshop	Days	Dates	Time	Facilitator/Location
Being the First Gener Latino/a Student: The Art of Balancing Life	Wednesday	2/22/17 & 4/5/17	2:00 - 3:30 p.m.	Norma Lopez Magaña, LCSW with Silvana Good, Practicum Student / BTE 1867
"I'm graduating now what?"	Monday	4/3/17	3:00 - 4:15 p.m.	Angela Timmons, LCSW / BTE 1867
Jambo! Jambo! (Hello!)	2nd Monday of the Month	2/13/17, 3/13/17 4/10/17	6:30 - 8:00 p.m.	Angela Timmons, LCSW / BTE 1832
Mindfulness: Skills to Facilitate Happiness	Wednesday	2/15/17, 3/15/17 4/12/17	1:00 - 2:00 p.m.	Gina Albani, Psy.D / BTE 1867
Mindfulness: The Body Mind Connection	Wednesday	2/22/17, 3/29/17 4/26/17	1:00 - 2:00 p.m.	Angela Timmons, LCSW/ BTE 1867
Mindfulness: Wellbeing in Relationships	Wednesday	3/1/17 & 4/5/17	1:00 - 2:00 p.m.	Stacy Udolph, LCSW/ BTE 1867