

SDCC MENTAL HEALTH COUNSELING AND VETERANS SUCCESS CENTER PRESENTS

# VETERAN VOICES

JOIN US FOR MENTAL HEALTH WORKSHOPS FOCUSED ON SERVING THOSE WHO HAVE OR ARE STILL CURRENTLY SERVING IN THE MILITARY. LED BY STUDENT VETERANS.

**9/3: What Now? "CIV-DIV" - 1 pm - 2 pm in M-101**

**9/17: Suicide Prevention Training - 1 pm - 2 pm in M-101**

**10/1: Who am I? - 1 pm - 2 pm in M-101**

**10/15: Who are you? - 1 pm - 2 pm in M-101**

**11/12: Introduction to Grief - 1 pm - 2 pm, in M-101,**

**11/20: Coping skills to navigate Grief - 1 pm - 2 pm in M-101**

