

*The SDCC Student Health Center and
Active Minds Chapter present:*

V-A-R: VALIDATE, APPRECIATE, REFER TRAINING

Opportunity
drawings for
giveaways!

Active Minds' everyday guide for everyday challenges.
A conversation can be life changing.

Tuesday, April 11th at 12:00 pm
MS-140

For students, faculty & staff | Flex #16218



VALIDATE



APPRECIATE



REFER

For questions or accommodations (1
week in advance) please contact:
619-388-3055 or visit A-180

