



**College Wrap**

A Division of South Coast Community Services

# PRESENTATIONS & WORKSHOPS

**College Wrap offers Presentations and Workshops focused on teaching you new ways to adapt, engage and thrive.**

\*Please note that ALL services are currently being offered through Zoom

Some of the topic include;

- Warning Signs of Depression and Anxiety
- Time Management for Success
- Parenting During a Pandemic
- Healthy Boundaries
- Mental Health and Stigma Reduction

To join or learn more, please contact us!



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