

**Take a Break to Rejuvenate**

# **UNDO CU CHILL & CHAT**

**3-4 pm**

**The 2nd Monday of the month  
via Zoom**

**Join the LPC Dreamers Thriving Not Surviving Club to  
open up about the immigrant experience with  
guidance from a mental health professional.**

**If interested: Please contact  
aolavarrieta@laspositascollege.edu  
or click on the zoom link below:**

**[https://cccconfer.zoom.us/j/99285324212?  
pwd=SWowbGxYZUs3YXVNVHpKSVNDQU5vQT09](https://cccconfer.zoom.us/j/99285324212?pwd=SWowbGxYZUs3YXVNVHpKSVNDQU5vQT09)**