

MENTAL HEALTH Q&A WITH CHRISTINE I.

“EMOTIONAL REGULATION AND
DISCIPLINE- HOW TO CREATE A
ROUTINE AND STICK TO IT”

SUBMIT QUESTIONS IN ADVANCE TO
AMY ATTIA, LPCSC DIRECTOR OF EVENTS AT
LPCSC-EVENTS@LASPOSITASCOLLEGE.EDU



SCAN FOR ZOOM LINK
SAVE THE DATE!
@5:00PM

12

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21