



**Fall 2025**



**BEHAVIORAL  
HEALTH  
WORKSHOP  
SERIES**

**2-3:30pm  
Building 1000  
Room 1003**



**9/24/2025:**

**Anxiety and Stress: Recognition and Coping Techniques**  
*presented by Alameda Crisis Support*

**10/29/2025:**

**Sleep: Everything You Would Like to Know**  
*presented by Dr. Irena Keller*

**11/19/2025:**

**Self Care**  
*presented by Lars Eric Holm*