

# Self-Care for Parenting Students

## SPRING 2026 WORKSHOPS

Presented in partnership by CARE/CalWORKs and Mental Health Services to support student well-being

### WORKSHOP DATES:

- ✓ February, 23, 2026
- ✓ March, 23, 2026
- ✓ April, 27, 2026
- ✓ May 18, 2026

All workshops are held from 1:00pm-2:00pm



Please select the link below to join this workshop:

<https://ccd-edu.zoom.us/j/88116815613>

A supportive space for student parents to connect, share experiences, and explore simple self-care practices with a focus on community and well-being.

**CONTACT INFORMATION:** [studentparent@ccd.edu](mailto:studentparent@ccd.edu)