

San Bernardino Valley College
Student Health Services

Finding Your Calm

Therapeutic Group

Process | Learn | Empower

6 weeks

February 10th to March 17th

Wednesday's from 11am to 12pm

Closed group with 5 members

Held via Zoom

Call Student Health Services to enroll
(909) 843-9073

Facilitated by: Kaela A. Bonafede, AMFT
#120388