



LATINX WELLNESS & CONNECTIONS

Thursdays from 1pm-2pm

Webinar Topics:

- **July 9th:** Manifestations of Stress
- **July 16th:** My Uniqueness: Exploring Intersectionality
- **July 23rd:** Prioritizing YOU: Boundaries
- **July 30th:** Community and Connections

This series will focus on topics that impact the Latinx experience as it relates to stress, intersectionality, boundaries, connections and the overall balance of mental wellness.

Facilitators: Jessica Oyoque LMSW, Anel Arias, MA and Yvonne L. Connelly, PHD, LP

Isolated?

Feeling fatigued?

Overwhelmed?

Need Community?

A psychoeducation and support webinar series for MSU Undergraduate and Graduate Latinx identified students.

Starting July 9th

No registration or screening required. Email facilitator to indicate interest.

VIRTUAL SERIES:

THE WEBINAR WILL BE ON HIPAA COMPLIANT ZOOM.
CONTACT FACILITATOR BELOW FOR THE ZOOM LINK TO THIS WEBINAR.

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