

Brown Bag

# Workshops

Fall 2017

Student Union (SU204)  
Thursdays 12:30-1:30 PM

Date	Topic/Subject	Presenter
Aug. 31	Makeover your Medicine Cabinet with 10 Essential Oils	Kristin Osowski
Sept. 7	Communication 101: Using the Platinum Rule	Claudia Eckelmann
*Wed Sept. 13	Talk Saves Lives *Room change Multicultural Rm 111	Gordon Doughty, American Foundation for Suicide Prevention
Sept. 14	Constitution Day! Voting is NOT a spectator sport! League of Women Voters	President Ann Flynn
Sept. 21	STAND! For Families Free of Violence	Gretchen Ellis
Sept. 28	Safety	Police Services
Oct. 5	Local City Government, Running for office, Being in office	Edi Birsan, Vice Mayor of Concord
Oct. 12	Learn about the Financial Aid process, what you can receive, and the next steps	Nicole Johnson
Oct. 19	LGBTQ+ History Month	RCC
Oct. 26	TBD	Kaiser
Nov. 2	Native American Heritage	
Nov. 9	Mindful Resilience Stress Reduction Experience Yoga	Scott King Veteran's Yoga Project
*Wed. Nov. 15	National Hunger and Homeless Awareness	Food Bank of Contra Costa and Solano
Nov. 16	Learn how to apply for DVC & external scholarships	Shari Keller

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For more information contact the Student Life Office at 925-969-4267  
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