

# UCLA Staff & Faculty Counseling Center

*Insight that moves your forward*

Is offering an educational movie  
series. Food Provided!



## DATES:

June 15 – Ways to Wellness

June 22 – Overcoming Depression

June 29 – Beating Anxiety

July 13 – Supporting Family Members with Mental Illness

July 27 – Coping with Illness

August 3 – Get your Sleep

DAYS: Fridays

TIME: 12 noon – 1:00pm

LOCATION: UCLA Wilshire Center  
10920 Wilshire Blvd  
2<sup>nd</sup> Floor Training Room

FILM AND  
DISCUSSION ON  
TOPICS OF:

DEPRESSION

ANXIETY

COPING WITH ILLNESS

SUPPORTING FAMILY  
MEMBERS

SLEEP

WAYS TO WELLNESS

To RSVP, please contact  
the  
**Staff & Faculty  
Counseling Center;**  
space is limited to 25  
people per film.  
(310) 794-0245 or  
[chrhfcca@chr.ucla.edu](mailto:chrhfcca@chr.ucla.edu)