



FOUR MONTHS TO SEND-OFF

MENTAL PREPPING YOUR GRADUATES TRANSITION



Hello, my name is Cara...

...and I am a full-time student at Cal State Fullerton. I have been to multiple colleges and have dealt with the pain of leaving home, being away from family, and the overall wallow of a large transition.

With the second leading cause of death among students being suicide...

I learned that the most important preparation for your first semester isn't the mini fridge or the fitted bed sheets, it's the mental preparation and knowledge of what to do when those feelings surface. Today, I use my experience to help young adults find tools and natural solutions to support their mental health, wellness, and success throughout their college experience.

Where & When:

Monday, May 13th @ 6-7pm

Inderkum High School, Room A119