

EMOTIONS BEFORE ELECTIONS

OCTOBER 23, 2024
1:00PM–2:00PM



The election season brings upon us a wide range of mixed emotions. Join a compassionate community where you can safely share your feelings, and experiences and gain insights into emotional regulation.

Our guided discussions, led by Undocu-Therapist Jennifer León Salinas, will provide practical tools for managing difficult emotions before the election and holiday season. The group will be interactive with a creative outlet to promote healthy processing.

[HTTPS://LACCD.ZOOM.US/J/98022083529](https://laccd.zoom.us/j/98022083529)

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