

Student Health Services

Group Meetings



Anger Management

Mondays @ 12-1 pm Room 909-M (ocean side of cafeteria building)

Tobacco Free Lifestyle – PEER led

Mondays @ 3-4pm Room 913 (next to the bike co-op)

Any A Meeting – PEER led

Tuesdays @ 11-12 pm Room 909-M

Rainbow Group

Tuesdays @ 1-2pm Room 909-M

Mindful Stress Group

Thursdays @ 12 pm Room 911-B (enter from inside cafeteria)

Habits of Mind Wellness Support Group

Fridays @ 12 pm Room 909-M

Cabrillo College

Student Health Services
(831) 479-6435
cabrillo.edu/services/health

