

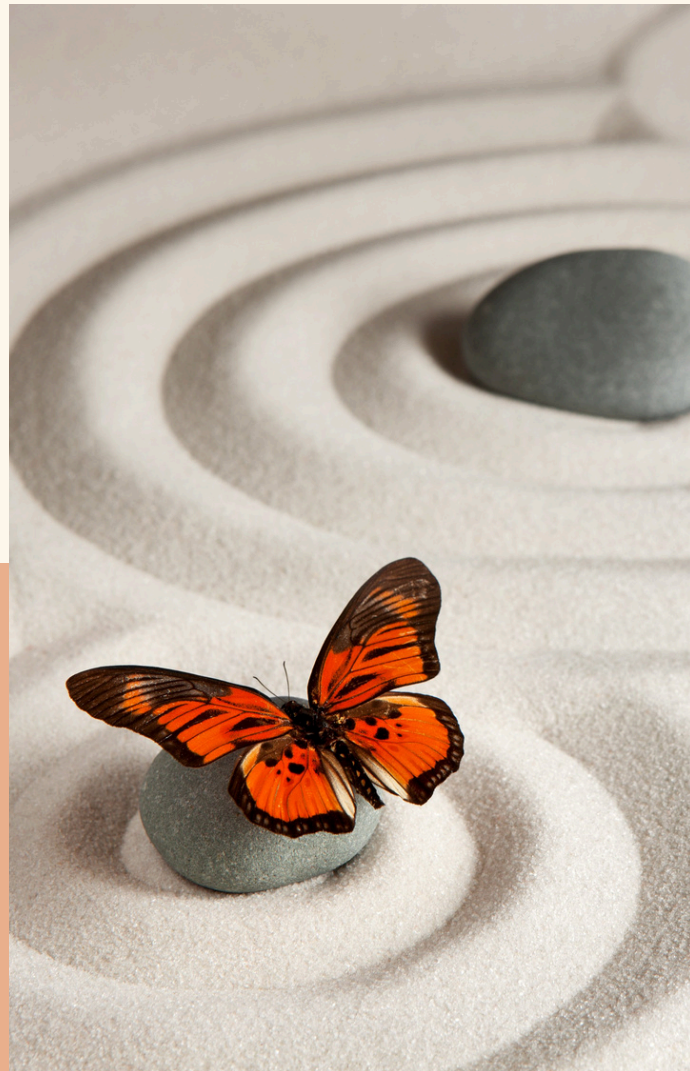
TLC ESCONDIDO PRESENTS:

Creating Space Creando Espacio

Support Charlas

Connection, learning, and sharing
valuable coping tools. For all students.

Conexión, aprendizaje y compartir
valiosas herramientas. Para los
estudiantes.



Oct. 30, 2025, 3pm

Take a mindful pause, come de-stress,
share, and recharge together.

Tómese una pausa para relajarse, unirse a
desestresarse, compartir y recargar
energías juntos.

Room/Salón #: 202

Sign up In-person/or

Email us: escondidotlc@palomar.edu

Call us: (760) 744-1150 x8171



**Charlas
hosted by**

Mariana Guzman
LMFT, LAADC, ICAADC {she/her/ella}
Asst. Prof./Behavioral Health Counselor



**BEHAVIORAL HEALTH
COUNSELING SERVICES
PALOMAR COLLEGE**