

2026 FRIENDS HELPING FRIENDS WORKSHOPS

Peer Mental Health
Educator Program



06
APRIL

IMPOSTER SYNDROME
1:00-2:00PM

09
APRIL

DEPRESSION & SUICIDE
AWARENESS 12:30-1:30 PM

13
APRIL

LIFE AND EMOTIONAL
TRANSITIONS 12:30-1:30 PM

16
APRIL

TEST ANXIETY
4:00-5:00 PM

21
APRIL

MICROAGGRESSIONS
1:45-2:45 PM

23
APRIL

SELF-ESTEEM AND SOCIAL
MEDIA 12:30 – 1:30 PM

28
APRIL

SELF CARE IN COLLEGE
4:00-5:00 PM

30
APRIL

INTERPERSONAL RELATIONSHIPS
12:00-1:00 PM

05
MAY

BODY IMAGE AND NUTRITION
12:30-1:30 PM

IN-PERSON
ADDRESS:

UCI
COUNSELING
CENTER
203 STUDENT
SERVICES 1

VIRTUAL ZOOM
LINK:

