

# WOMEN'S WORK & WELLBEING WORKSHOP

---

**A space for women to:**  
**Prioritize mental health and wellbeing**  
**Explore challenges in education and work**  
**Develop life skills**  
**Create connections**  
**Build self-confidence**

**Facilitated by:** CAPS Counselor, Marie Ekmekjian  
**Joined by staff faculty and guests each week to**  
**share their lived experiences,**  
**professional expertise, and personal insights**

**Meets**  
**Wednesdays at 4:30PM**  
**@ Inclusion Center**  
**October 18th-December 6th**

For questions or accommodations  
contact [MEkmekjian@csum.edu](mailto:MEkmekjian@csum.edu)



**CAL MARITIME**