






EOPS/CARE ZOOM WORKSHOPS

With the Stay at Home order, we now have taken on many other responsibilities that we may not have had before. However, you are not alone! Your EOPS/CARE team has mindfully put together Zoom community meetings for us to stay connected and keep you focused on your goals.



DATE	TOPIC	RSVP
May 8 th 10:00 am	Career Exploration Panel Meet Professionals in Education	
May 8 th 12:00 pm	Free Your Mind! Mindful Practices for Success	
May 15 th 10:00 am	Career Exploration Panel Meet Professionals in Engineering	
May 22 nd 10:00 am	Free Your Mind! Poetry Corner	
May 29 th 10:00 am	Career Exploration Panel Meet Professionals in the Helping Professions	

If you need disability-related accommodations or services such as sign language interpreter, note taker, or captioning, please contact the EOPS/CARE Coordinator, Maria H. Figueroa, via email at mhernandezfigueroa@mtsac.edu or by phone at (909) 529 - 0807 at least 5 days in advance of the Zoom meeting.

