

# November

<https://cccconfer/zoom.us/j/5302518845>

## MONDAY

- **Monday Motivation Every Monday @ Noon**
  - 11/2 -Apply for Holiday Voucher 2nd - 23rd

## TUESDAY

- **Tuesday Tips Every Tuesday @ Noon**
- 11/3 - Day of the Dead Virtual Celebration 12-1pm
- 11/10 - Success Strategies Workshop @ 12 pm Sponsored by EOPS
- 11/17 - Success Strategies Workshop @ 12 pm Sponsored by EOPS

## WEDNESDAY

- **Wednesday Wellness Every Wednesday @ Noon**
  - **Mental Wellness Counseling, by Appointment**  
(530)249-9851 or [sharrington@lassencollege.edu](mailto:sharrington@lassencollege.edu)

## THURSDAY

- **Thursday Travel Every Thursday @ Noon -**  
This month we explore Native American Sites
- **Mental Wellness Counseling, by Appointment**  
(530)249-9851 or [sharrington@lassencollege.edu](mailto:sharrington@lassencollege.edu)
  - 11/12 Cougar Curbside 11:30 - 3:30

## FRIDAY

- **Foodie Friday - Every Friday @ Noon**
- **Virtual LCC Support Group-Every Friday @ 10am**  
<https://cccconfer/zoom.us/j/6470287400>
- 11/6 - Master Chef - Favorite Thanksgiving Side 12-1pm
  - 11/13 - Nutrition Huddle 12-1pm
  - 11/20 - Cougar Cooking 12-1pm

 Follow us on social media! 

*Native American History Month*

