



HEALTH & WELLNESS WORKSHOP  
SPONSORED BY COUNSELING &  
PSYCHOLOGICAL SERVICES



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# #IAMENOUGH

Moving from Perfectionism  
to Self-Acceptance

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*This workshop will help you determine what  
factors can influence perfectionism so that  
you can take the first step towards thinking,  
"I am enough."*

**TUES, NOV 19TH**  
**12 - 1 PM**  
**SMSU 217/218**

Wendy Brower-Romero, MS,  
LMFT, CAPS Therapist

*FREE PIZZA!*

*For disability-related accommodations, please contact Counseling  
and Psychological Services three working days in advance at  
(909) 537-5040 or [psychcounseling@csusb.edu](mailto:psychcounseling@csusb.edu)*

