

How Are You?



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Yes, I really want to know.

Join me every Wednesday in the month of July in this listening space with other participants to express how you are really feeling.

The format is simple and free from advice and judgement. Join via phone or laptop and register [HERE](#).

You will receive a google invite with a password to connect.

Contact: Text/call PCC Specialist Sherri Aytche at 971-297-9561 or email sherri.aytche@pcc.edu

When: *Wednesday July 1

Time: 10:00-10:45

*Every Wed. July 1, 8, 15, 22, 29

*For Participants in the DHS
JOBS program only*



If you experience disability related barriers or anticipate a need for accommodation, please contact the event planner. For additional resources, or to provide feedback, please see <http://www.pcc.edu/about/accessibility>