



DSPS presents
Rest and Relaxation Methods
with Arakel Aristakessian

Thursday, December 5, 2024

2:00-2:30pm

San Gabriel (SG) 128 Conference Room

Join Arakel Aristakessian as he leads DSPS students in rest and relaxation methods. Dedicate some time to practice mental well being before finals and the holidays start!

Arakel Aristakessian has a Master's of Science in counseling with an emphasis in college counseling/student services and professional clinical counseling. He is a licensed clinical counselor and leads various events on campus raising awareness of mental health issues and underrepresented communities. As a GCC alumnus, he is especially happy to be here.

To request ASL or RTC services, please contact Kim Weissman at kweissman@glendale.edu