

# COLLEGE READ ADULTING 101 WEBINARS

This year's BC common read *Your Turn: How to Be an Adult* is a modern guide to adulting and self-discovery, offering stories and insights on relationships, mental health, and finances. It provides tools to empower and excite you about navigating adulthood and living a meaningful life.

## Join via Zoom

Meeting ID: 424 572 2065

Link: <https://broward-edu.zoom.us/j/4245722065>



**Ch. 1-2: Adulting - The Terrors and Joys of Fending for Yourself**  
Facilitator: Mirella Baker-Bemmel



**Monday | Feb. 5th**  
**3:00-4:00pm**  
Bldg. 9/227

**Ch. 6: Get Unstuck**  
Facilitator: Ingrid Jones



**Thursday | Feb. 15th**  
**3:30-4:45pm** | Bldg. 9/227

**Networking & Internships**  
Facilitator: Brittany Valera



**Tuesday | March 12th**  
**2:00-3:00pm** | Bldg. 9/227

**Ch. 10: Activism & Women's/Voting Rights**  
Facilitators: Maria Paul & Victoria Brower



**Tuesday | March 26th**  
**11:00-12:15pm**  
Bldg. 3/117

**Financial Literacy**  
Facilitator: Omar Deshazior



**Tuesday | April 2nd**  
**3:00-4:00pm** | Bldg. 9/227

**Ch. 9-10: Mental Health Awareness**  
Facilitator: Naylet Leon



**Monday | April 8th**  
**12:30-1:30pm**  
South Campus Bldg. 66

**Ch. 9: Mindfulness & Relaxation Techniques**  
Facilitator: Maureen Forbes



**Tuesday | April 23rd**  
**2:30-3:30pm** | Bldg. 9/227

**Students and faculty are welcome to attend!**  
**You can attend in-person or on Zoom.**

**You'll receive a free copy of the book if you attend in person. Snacks will also be provided.**