

Spring Resources

FREE VIRTUAL & IN-PERSON MEDICAL VISITS

- Low-cost lab work and TB screenings
- Low-cost medications and birth control
- Free STI screenings and condoms
- Low-cost emergency contraception (Plan B)
- All medical visits are by appointment only – please call or visit our Patient Portal online!

FREE VIRTUAL & IN-PERSON MENTAL HEALTH SESSIONS

- Our short-term mental health psychotherapy visits help students address emotional distress in a safe, nonjudgmental environment.
- Explore solutions to presenting concerns and develop more effective coping strategies.
- Services include individual psychotherapy, group workshops, off-campus resources and referrals, and short-term crisis intervention.

SUPPORT GROUPS & WORKSHOPS

MINDFULNESS MONDAYS

Weekly Virtual Workshop that is designed to restore and heal your mind, cultivate awareness, kindness, compassion & joy. Come practice mindfulness exercises, learn about mindfulness-related concepts, and listen to a guided meditation.

Presented by Dr. Maria Nazarian via Zoom | Mondays at 8:30 AM
Open to all faculty, students and staff.

PEACEFUL MIND, HEALTHY BODY

Adverse life experiences such as a health crisis, racial & social injustice, and family loss directly influence brain development & functioning and impacts overall emotional and behavioral functioning. Discuss & process your feelings, and gain valuable coping tools in this monthly workshop. **Presented by Dr. La Faune Gordon via Zoom**

Wednesdays: 3/9, 4/20, 5/11 and 6/8 at Noon

ANGER MANAGEMENT WORKSHOP SERIES

This workshop will guide students in understanding the cycle of anger and how it impacts our lives. **Presented by Dr. Vianey Midgette via Zoom**

Thursdays: 2/24 thru 4/7 at 1 PM

USING POSITIVE PSYCHOLOGY TO MOVE FORWARD WORKSHOP

In this workshop, we will explore strategies and attitudes such as Gratitude and Altruism that enhance physical and emotional well-being.

Presented by Dr. Ruth Taylor - Outdoors/IN-PERSON
Tuesday: 4/19 @ 2 PM (Meet in front of Health Center)

UNDERSTANDING & COPING WITH ANXIETY WORKSHOP SERIES

Learn what depression and anxiety are and practice effective ways to cope. Coping strategies include mindfulness, helpful thinking patterns, healthy behaviors and guided meditation. **Presented by Dr. Maria Nazarian via Zoom**

Mondays: 2/28, 3/28, 4/25, and 5/23 at 5 PM

FINDING BALANCE WORKSHOP

Improve mental health by identifying healthy strategies to balance the demands of school, family, and work. **Presented by Dr. Alann Dingle - Outdoors/IN-PERSON**

Tuesday: 3/8 @ Noon (Meet in front of Health Center)

WELL-BEING SURVIVAL KIT WORKSHOP SERIES

Equip your mind to thrive in school and in life. Join us for one or all topics, for a well-rounded Mental Wellness Kit!

3/3: Therapy or Nah – Ever wondered about therapy and whether it would be helpful for you? Attend this Q&A to learn about our services and to ask your burning questions about therapy!

4/7: Perfectly Imperfect – Understanding and letting go perfectionism.

5/5: Vitality Boost – Feeling stuck in a certain place, job, situation? Find out how to focus on you and thrive in any environment.

6/2: Self-Compassion – Do you beat yourself up when things go wrong? Learn how to use kindness to relieve stress and achieve your goals.

Presented by Dr. Victoria Kwon via Zoom
Thursdays: 3/3, 4/7, 5/5, and 6/2 at Noon

For accessibility-related questions, please contact SHS.



**STUDENT
HEALTH
SERVICES**
EL CAMINO COLLEGE

Sign up at www.elcamino.edu/StudentHealthServices



**El Camino
College** 