

# STUDENT HEALTH SERVICES

## SPRING 2023

# Wellness Workshops + Events

### 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!

**Presented by Kenneth Spears | Zoom | Tuesday: 2/21 @ Noon**

### UNDERSTANDING & COPING WITH DEPRESSION & ANXIETY

Learn how to recognize symptoms and use effective coping strategies, such as helpful thinking patterns, mindfulness, healthy behaviors, and improved social relationships. **Presented by Dr. Maria Nazarian | Yoga Studio/GYM Room 216 | Every Monday: 2/27 through 5/22 @ 2PM**

### SELF CARE 3.0 SERIES

This series will help provide you with tools to improve self-care and well-being.

**3/1:** Emotional Self-Care **4/5:** Physical Self-Care **5/3:** Social Self-Care **Presented by Dr. LaFaune Gordon | Zoom | Wednesdays: 3/1, 4/5, 5/3 @ 12:30PM**

### A SELF-COMPASSION SERIES

**3/2:** Tend to be mean to yourself when things go wrong? An introduction into using kindness to relieve stress and achieve your goals..

**4/6:** Building up your self-compassion! Know a little about self-compassion but want to know more? Learn how to deepen your practice of self-compassion.

**5/4:** FIERCE self-compassion! Transform inner kindness to external power and change. **Presented by Dr. Victoria Kwon | Zoom | Thursdays: 3/2, 4/6, 5/4 @ Noon**

### FINDING BALANCE WORKSHOP

Improve mental health by identifying healthy strategies to balance the demands of school, family, and work. **Presented by Dr. Alann Dingle | Room 208 in Health Sciences Building | Tuesday: 3/7 @ Noon**

### ANGER MANAGEMENT WORKSHOP SERIES

This workshop will guide students in understanding the cycle of anger and how it impacts our lives. Join at any session! **Presented by Dr. Vianey Midgett | Zoom | Thursdays: 3/9, 3/16, 3/23, 3/30, 4/6, 4/20, 4/27 @ 2PM**

### SPECIAL EVENTS

**Mental Health First Aid Certification: 2/17, 3/3, 4/7, 5/5 @ 9AM**

**Spring Health and Well-Being Fair: 4/4 | Library Lawn | 10AM-2PM**

**ACTIVE MINDS:** A student club dedicated to changing the conversation about mental health and de-stigmatizing mental illness.



**Therapy Dogs: 2/28 @ Club Rush; 3/28, 4/19 and 5/31 @ Library Lawn | 11AM-1PM**

**Warrior Wellness Wednesdays: 2/22, 3/22, 4/26, 5/24, 6/7 | Library Lawn | 11:30AM**

### LET'S TALK ABOUT SEX - 2.0!

Want to talk about sex in a fun, non-judgmental way? Come join in on a Kahoot game to earn the title of SEX GAMES CHAMP 2.0. Pizza will be provided!

**Presented by Alexis Johnson and Sandra Sloan, Registered Nurses Room 208 in Health Sciences Building | Wednesday: 3/8 @ 11:30AM**

### HEADACHES UNDERSTOOD

Join to learn about different types of headaches, available home treatments, and when to see a medical professional. **Presented by Chris Campbell, Nurse Practitioner | Zoom | Thursday: 3/9 @ 10AM**

### PROTECT YOUR PRIVATES: REPRODUCTIVE HEALTH PRACTICES

From self-exams to screenings to preventative vaccines/medications, come and learn more about the steps you can take to protect yourself! **Presented by Courtney Crockett, Registered Nurse | Zoom | Monday: 3/13 @ 10AM**

### BIRTH CONTROL 101

Learn about the different types of birth control, and separate the myths from the facts! Everyone is welcome! **Presented by Aileen Kizlinski, Nurse Practitioner | Zoom | Thursday: 3/16 @ 4PM**

### THE FENTANYL FACTOR: ONE PILL CAN KILL

Fentanyl is a synthetic opioid causing a record high spike of unintentional overdoses across the United States. *Overdose Prevention and Harm Reduction practices will be reviewed.* **Presented by Dr. Julie Poepoe, Nurse Practitioner | Zoom Thursday: 3/23 @ Noon**

### WHY IS SLEEP IMPORTANT IN COLLEGE?

This workshop will help to understand how your sleep, or lack thereof, affects your intellectual and physical performance. **Presented by Dr. Julie Poepoe, Nurse Practitioner | Zoom | Thursday: 3/30 @ Noon**

### LET'S CLEAR THE AIR WORKSHOP

Learn about the impact of tobacco-related products on our minds, bodies, and the environment. **Presented by Vickie Beckwith, Registered Nurse | Zoom | Monday: 4/17 @ 4PM**

### LGBTQIA+ ALLYSHIP WORKSHOP

Effective Allyship is paramount in overturning systems of oppression and inequities on any level. Learn what YOU can do to be an effective LGBTQIA+ Ally! **Presented by Dr. Kenneth Spears | Zoom | Tuesday: 4/25 @ Noon**

FOR ACCESSIBILITY-RELATED QUESTIONS, PLEASE CONTACT SHS AT 310-660-3643.



**STUDENT  
HEALTH  
SERVICES**  
EL CAMINO COLLEGE



Sign up at [www.elcamino.edu/StudentHealthServices](http://www.elcamino.edu/StudentHealthServices)

**El Camino  
College**

