

Fall 2021 Resources

FREE VIRTUAL TELEMEDICINE VISITS

- Face-to-face nurse practitioner visits in the Student Health Center by appointment only
- Low-cost lab work and TB screenings
- Low-cost medications and birth control
- Free STI screenings and condoms
- Low-cost emergency contraception (Plan B)

FREE VIRTUAL TELEMENTAL HEALTH SESSIONS

- Our short-term telemental 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

In this weekly workshop, we will practice mindfulness exercises, learn about mindfulness-related concepts, and listen to a guided meditation.

Presented by Dr. Maria Nazarian | Mondays at 9 AM

Open to all faculty, students and staff.

PEACEFUL MIND, HEALTHY BODY

Adverse life experiences such as a health crisis, racial & social injustice, & 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

Wednesdays: 9/8, 10/13, 11/10 and 12/8 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

Thursdays: 9/9 - 10/21 at 1 PM

A GLANCE INTO THE THERAPY ROOM

Curious about the top concerns students bring in for therapy? Students are invited to attend this workshop series, to boost your knowledge and resiliency when/should one of these common concerns come your way.

Presented by Dr. Victoria Kwon

Thursdays: 9/21, 10/7, 11/4 and 12/2 at noon

UNDERSTANDING & COPING WITH DEPRESSION & ANXIETY

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 | Tuesdays at 5 PM

¡ JUNTOS UNIDOS! SALUD MENTAL AWARENESS

All students are invited to connect with the Latinx community & understand the Mental Health/Salud Mental through the eyes of our people/gente. Join us to gain awareness on how some mental health issues are manifested in our communities.

Presented by Dr. Vianey Midgette

Thursdays: 9/9, 10/14, 11/18 and 12/9 at 3 PM

SELF-CARE WORKSHOP SERIES

Join us to discuss the challenges students continue to face, and identify practical self-care strategies.

Presented by Dr. Kenneth Spears

Mondays: 9/13, 10/11, 11/8 and 12/13 at 4 PM

ONE-TIME WORKSHOPS & EVENTS

9/14 Suicide Awareness & Prevention @ 4:30 PM

9/21 Finding Balance @ 2 PM

9/28 STI FAQ Workshop @ 2 PM

10/5 Ending the Silence w/NAMI @ 4 PM

10/12 Using Positive Psychology to Move Forward @ 2 PM

10/25 Men and Mental Wellness @ 3 PM

For accessibility-related questions, please contact SHS

Sign up at www.elcamino.edu/StudentHealthServices

