STUDENT HEALTH SERVICES UNANALON ESOURCES

FOCUS ON YOUR WELL-BEING: SUMMER 2021!

Visit **www.elcamino.edu/StudentHealthServices** to sign up for services and workshops, and to learn more about how El Camino College supports healthy lifestyle practices for all Warriors.

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
- <u>Low-cost</u> 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, offcampus resources and referrals, and short-term crisis intervention.

WEEKLY VIRTUAL 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 every Monday at 9 a.m.

Open to all faculty, students and staff.

ANGER MANAGEMENT WORKSHOP SERIES

Anger management can help students to communicate their needs, maintain better health and prevent psychological and social problems linked to anger.

Presented by Dr. Vianey Midgette Thursdays at 1 p.m.

DROP-IN COVID-19 Q & A SESSION WITH A NURSE PRACTITIONER FROM SHS

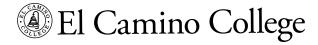
Get your COVID-19 questions answered! Students will have the opportunity to speak with a Nurse Practitioner about any COVID-related or vaccination questions.

Tuesdays at 10 a.m.

MORE WELLNESS WORKSHOPS THIS SUMMER!

- Juntos Unidos on 7/8 & 8/12
- **STI FAQ Workshop:** Get the facts on testing and find out how to get FREE safer-sex supplies from SHS on 7/13
- Peaceful Mind, Healthy Body Workshop on 7/20

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