

HEALTH CENTER

STUDENT HEALTH SERVICES

# Summer RESOURCES

## FOCUS ON YOUR WELL-BEING: SUMMER 2021!

Visit [www.elcamino.edu/StudentHealthServices](http://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
- 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.

## 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.***

### 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.**

### 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.**

### 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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