

# STUDENT HEALTH SERVICES

## UPCOMING EVENTS

## FALL 2023

SEPT  
18-22

WELL-BEING  
WEEK

SELF-HELP  
SERIES  
KICK-OFF WEEK

SEPT  
25-29

OCT  
9-13

SUBSTANCE ABUSE  
& MENTAL HEALTH  
AWARENESS WEEK

STUDENT  
HEALTH 101  
WEEK

OCT  
23-27

DEC  
4-8

DE-STRESS  
WEEK

# STUDENT HEALTH SERVICES

# Well-Being

## Events

*Check Out These Workshops to  
Improve Your Overall Well-Being*

Sept 18th- 22nd

September

18

### **Self-Compassion**

Do you beat yourself up when things go wrong? Learn how to use kindness to relieve stress and achieve your goals.

September

19

### **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 and what services are available for you!

September

20

### **Nurturing Healthy Connections: Relationships & Boundaries**

Building and maintaining meaningful relationships is an essential aspect of our lives, but it's equally important to establish and respect personal boundaries. This workshop will equip you with the knowledge and skills to foster fulfilling connections while preserving your emotional well-being.

Scan QR CODE  
to register!



For detailed information call Student Health Services  
at 310-660-3643



# STUDENT HEALTH SERVICES

## SELF-HELP SERIES KICK-OFF WEEK

**SEPT  
25**

### MEDITATION MONDAYS

A weekly workshop designed to restore and heal your mind, cultivate awareness, kindness, compassion & joy.

**SEPT  
26**

### UNDERSTANDING & COPING WITH ANXIETY AND DEPRESSION

Learn how to recognize symptoms and use effective coping strategies.

**SEPT  
27**

### SELF-CARE 3.0

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

**SEPT  
28**

### ANGER MANAGEMENT SERIES

This workshop will guide students in understanding the cycle of anger and how it impacts our lives.

**SCAN QR CODE TO REGISTER!**



# SUBSTANCE ABUSE & MENTAL HEALTH AWARENESS WEEK

## WORKSHOPS/EVENTS

2023

OCT 10

### STOP SMOKING & BREATHE FRESH

Learn about the impact of tobacco-related products on our minds, bodies, and the environment. FREE GOODIE BAG!

OCT 11

### SUBSTANCE ABUSE & MENTAL HEALTH FAIR

This event is designed to raise awareness, provide resources, and promote understanding about substance abuse and mental health.

OCT 11

### THERAPY DOGS

Whether you're seeking stress relief, emotional support, or simply a moment of joy, the therapy dogs are here to provide unconditional love and comfort.

OCT 12

### SUICIDE AWARENESS & PREVENTION WORKSHOP

Join this workshop to discuss risk factors for suicide and how to help a friend. Create a personalized journal to take home!



FOR MORE INFORMATION  
SCAN QR CODE

# STUDENT HEALTH 101 WEEK

## 2023

### **OCT 23** Protect Your Privates 3.0

From self-exams to screenings to preventative vaccines/medications, come and learn more about the steps you can take to protect yourself! Pizza will be provided!!

### **OCT 24** Finding Balance Workshop

Join this transformative workshop designed for college students, where we'll explore strategies and techniques to harmoniously balance your academic pursuits with the demands of life and mental wellness.

### **OCT 25** Headache Hurdles

Join to learn about different types of headaches, available home treatments, and when to see a provider.

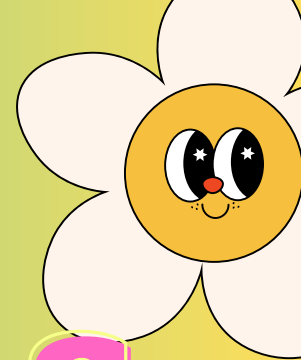
### **OCT 26** Birth Control Choices

Whether you're considering birth control for the first time or looking to explore different methods, this workshop will equip you with the tools and understanding to confidently navigate your choices.



**FOR MORE INFORMATION  
SCAN QR CODE!**





FALL 2023

# DE-STRESS & SELF-CARE WEEK

DEC

4

11AM- 1PM

## Therapy Dogs for Emotional Well-Being.

Whether you're seeking stress relief, emotional support, or simply a moment of joy, the therapy dogs are here for you!

DEC

5

11:30AM-12:30PM

## Unwind and Thrive: Stress Management Workshop

If you're looking to regain control and lead a more balanced, fulfilling existence, our stress management workshop is just for you

DEC

6

11AM-12PM

## Pottery Painting for Mental Health & Creative Expression

Discover the therapeutic world of pottery painting as a means to nurture your mental well-being and unleash your creativity.



For more information  
Scan QR Code