

Weekly Lineup

Find Your People. Find Your Balance.

FOR EL CAMINO COLLEGE STUDENTS



CONNECT



SUPPORT



WELLNESS



BELONG

All **FREE** Fall 2026 programming and events run through December 4

MONDAY



MEDITATION MONDAY

12:00 PM

Student Health Center

Take a mindful break and reset your week.



IN THIS TOGETHER

1:00 PM

Student Health Center

A community support group for connection and support.

TUESDAY



DIFFICULT EMOTIONS

12:00 PM

Center for Well-Being

Learn skills to navigate tough emotions and build resilience.



GRIEF GROUP

2:00 PM

Student Health Center

A supportive space to share, heal, and remember.

CENTER FOR WELL-BEING ACTIVITIES

11:00 AM – 2:00 PM

Drop in for self-care activities, resources, and a wellness refresh!

FREE

WEDNESDAY



WELLNESS WEDNESDAYS

Rotating workshops covering real-life health, safety and wellness topics!

WORKSHOPS INCLUDE:

- Narcan Training
- Stop the Bleed
- Connections IRL
- Protect Your Privates
- Substance Abuse & Mental Health Awareness Fair
- And more!

CENTER FOR WELL-BEING ACTIVITIES

11:00 AM – 2:00 PM

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FREE

THURSDAY



THE RELATIONSHIP LAB

1:00 PM

Center for Well-Being

Explore healthy relationships and communication skills.



THE MEETING PLACE

2:00 PM

Center for Well-Being

A space for neurodiverse connection, puzzles and games. All are welcome.

FRIDAY



WALK 4 CONNECTION

12:00 PM

Soccer Track

Move your body, clear your mind, connect with others.

See you there!



STUDENT HEALTH CENTER

Next to the Planetarium and Student Services Building



CENTER FOR WELL-BEING

El Camino Commons (next to Basic Needs Center)



STAY CONNECTED

www.elcamino.edu/SHS
@eccstudenthealth
@eccwellbeing

For more information or for accessibility-related questions, please contact SHS at **310-660-3643**.