



MONDAY MEDITATION



ART & NATURE
THERAPY GROUP



THE MEETING PLACE:
NEURODIVERSE SPACE



IN THIS TOGETHER:
COMMUNITY TALKS

SPRING 2026 STUDENT HEALTH SERVICES



MEN'S THERAPY
GROUP



DIFFICULT EMOTIONS

Support Groups,
Workshops &
Events



Scan or Click



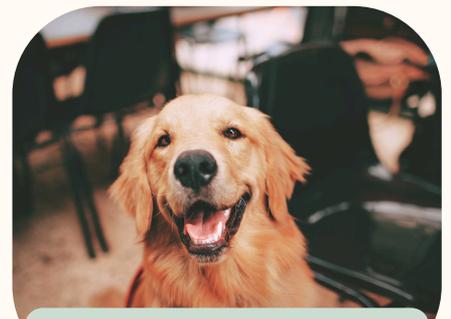
CENTER FOR WELL-
BEING ACTIVITIES



CONNECTIONS IRL



MENTAL HEALTH
MORNING WALKS



PAWS & UNWIND

Call 310-660-3643 for
more info!



STUDENT HEALTH SERVICES

CENTER FOR WELL~BEING



Activities



Tuesday

February 17th: Paws & Unwind
@ 11am- 1pm

February 24th: Vision Boards
@11am- 2pm

March 3rd: Coloring Workshop
@11am- 2pm

March 17th: Paws & Unwind
@ 11am- 1pm

March 24th: Puzzle Workshop
@11am- 2pm

April 7th: Paws & Unwind
@ 11am- 1pm

April 7th: Midterm De-Stress Fest
@9am- 3pm



Wednesday

February 18th: Iced Coffee Pop-Up
@10am- 11am

February 25th: Slime Time
@11am- 2pm

March 4th: Rock Painting
@11am- 2pm

March 18th: Bracelet Making
@11am- 2pm

March 25th: Crochet Workshop
@11am- 2pm

April 1st: Journal Decorating
@11am- 2pm

April 8th: Midterm De-Stress Fest
@9am- 3pm



Scan/click QR Code or call 310-660-3643 for more info!

SPRING 2026 TRAINING CLASSES



MENTAL HEALTH FIRST AID

Provides training for initial help given to an adult with symptoms of mental health illness or crisis.

In-Person 2-Day Training Sessions:

Thurs & Fri: March 5th & 6th

Thurs & Fri: May 14th & 15th

**MUST REGISTER
TO ATTEND!**

Virtual 1-Day Training Sessions:

Friday: April 3rd

Friday: June 5th

NARCAN TRAINING

NO REGISTRATION
REQUIRED.

Learn about Narcan, how to use it and get trained and leave with 2 doses of Narcan.

In-Person Classes:

Date/Time:

March 4th @ 12-1pm @ Health Center

March 26th 10-11am @ Distance Education Room

April 23rd @ 11am-12pm @ Distance Education Room

June 3rd @ 12pm -1pm @ Health Center

STOP THE BLEED

NO REGISTRATION
REQUIRED.

The #1 cause of preventable death after injury is bleeding. You will be trained to help save a life.

In-Person Classes @ Health Center:

Dates: March 11th, April 22nd, May 13th & June 10th

Time: 11am -12pm



SCAN OR CLICK QR CODE FOR

MORE INFO!





Saving Lives, Supporting Minds: A Suicide Prevention and Well-Being Fair

WEDNESDAY, APRIL 1 | 9 AM-3 PM | STUDENT SERVICES PLAZA

Break the stigma surrounding suicide and learn how to support those who may be struggling at the **Send Silence Packing® (SSP) Exhibit**. SSP serves to change the way we think, talk, and feel about mental health, and how we show up for the people around us.

100 Backpacks, 100 Stories

Explore powerful stories honoring individuals lost to suicide and courageous survivors who share messages of hope and recovery.

Behind the Backpacks & A.S.K. Training Kiosks

Take a short training on how to recognize warning signs. Participants receive a certificate (*great for resumes*).

Hope Wall & Share Your Story Booth

Leave a message of encouragement, reflect, or share your own story in a supportive space.

Community Resource Fair (10 a.m.-1 p.m.)

Connect with 20+ local organizations offering mental health resources, support services, and information.

Presented By:

The Send Silence Packing® Exhibit will coincide with Student Health Services' annual Spring Health Fair, presented in partnership with the Student Equity & Achievement and the LGBTQIA+ Pride Center.

Free Burritos!

(While supplies last starting at 10:30 am)



Questions? Please visit Student Health Services online at www.elcamino.edu/SHS



The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.

ACCOMMODATIONS: If you anticipate needing any type of accommodation, or have questions about the physical access provided, email ecstudenthealth@elcamino.edu.