



MONDAY MEDITATION



ART & NATURE  
THERAPY GROUP



THE MEETING PLACE:  
NEURODIVERSE SPACE



IN THIS TOGETHER:  
COMMUNITY TALKS

## SPRING 2026 STUDENT HEALTH SERVICES

Support Groups,  
Workshops &  
Events



MEN'S THERAPY  
GROUP



DIFFICULT EMOTIONS



Scan or Click



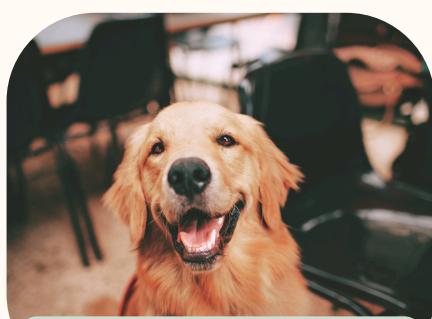
CENTER FOR WELL-  
BEING ACTIVITIES



CONNECTIONS IRL



MENTAL HEALTH  
MORNING WALKS



PAWS & UNWIND



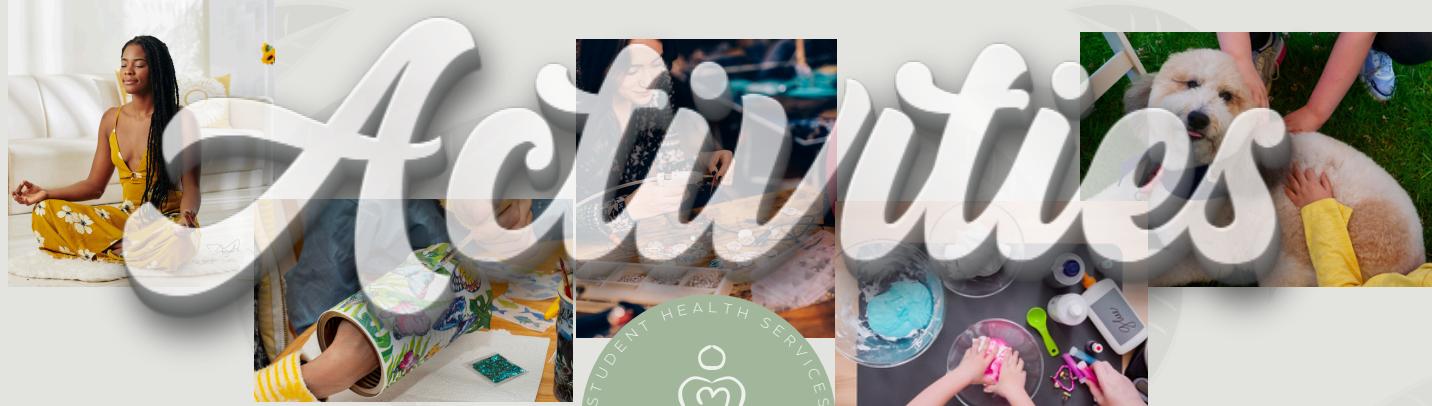
STUDENT  
HEALTH  
SERVICES

EL CAMINO COLLEGE

Call 310-660-3643 for  
more info!

STUDENT HEALTH SERVICES

# CENTER FOR WELL-BEING



## Tuesday

February 17<sup>th</sup>: Paws & Unwind  
@ 11am- 1pm

February 24<sup>th</sup>: Vision Boards  
@11am- 2pm

March 3<sup>rd</sup>: Coloring Workshop  
@11am- 2pm

March 17<sup>th</sup>: Paws & Unwind  
@ 11am- 1pm

March 24<sup>th</sup>: Puzzle Workshop  
@11am- 2pm

April 7<sup>th</sup>: Paws & Unwind  
@ 11am- 1pm

April 7<sup>th</sup>: Midterm De-Stress Fest  
@9am- 3pm

## Wednesday

February 18<sup>th</sup>: Iced Coffee Pop-Up  
@10am- 11am

February 25<sup>th</sup>: Slime Time  
@11am- 2pm

March 4<sup>th</sup>: Rock Painting  
@11am- 2pm

March 18<sup>th</sup>: Bracelet Making  
@11am- 2pm

March 25<sup>th</sup>: Crochet Workshop  
@11am- 2pm

April 1<sup>st</sup>: Journal Decorating  
@11am- 2pm

April 8<sup>th</sup>: 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 5<sup>th</sup> & 6<sup>th</sup>

Thurs & Fri: May 14<sup>th</sup> & 15<sup>th</sup>

**MUST REGISTER  
TO ATTEND!**

### Virtual 1-Day Training Sessions:

Friday: April 3<sup>rd</sup>

Friday: June 5<sup>th</sup>

## 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 @ Health Center:

#### Date/Time:

March 4<sup>th</sup> @ 12-1pm

March 26<sup>th</sup> 10-11am

April 23<sup>rd</sup> @ 11am-12pm

June 3<sup>rd</sup> @ 12pm -1pm

## 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 11<sup>th</sup>, April 22<sup>nd</sup> , May 13<sup>th</sup> & June 10<sup>th</sup>

Time: 11am -12pm



SCAN OR CLICK QR CODE FOR  
MORE INFO!



**STUDENT  
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# Saving Lives, Supporting Minds: A Suicide Prevention & Well-Being Fair



Join a campus-wide event focused on mental health awareness, suicide prevention, and overall well-being. Connect with resources, learn how to support yourself and others, and help build a caring campus community.

Wednesday April 1st  
⌚ 10:00 AM – 1:00 PM  
📍 Student Services Plaza  
Open to all students!

Music | Activities | Free food!\*  
\*while supplies last!



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