

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

**SEPT
26**

UNDERSTANDING & COPING
WITH ANXIETY AND
DEPRESSION

**SEPT
27**

SELF-CARE 3.0

**SEPT
28**

ANGER MANAGEMENT
WORKSHOP SERIES

SCAN QR CODE TO REGISTER!



SUBSTANCE ABUSE & MENTAL HEALTH AWARENESS WEEK WORKSHOPS/EVENTS

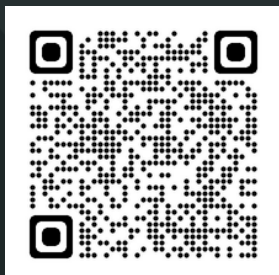
2023

OCT 10 STOP SMOKING &
BREATHE FRESH

OCT 11 SUBSTANCE
ABUSE & MENTAL
HEALTH FAIR

OCT 11 THERAPY
DOGS

OCT 12 SUICIDE
AWARENESS &
PREVENTION



FOR MORE INFORMATION
SCAN QR CODE

STUDENT HEALTH 101 WEEK

2023

OCT 23

PROTECT
YOUR
PRIVATES 3.0

OCT 24

FINDING
BALANCE

OCT 25

HEADACHE
HURDLES

OCT 26

BIRTH
CONTROL
CHOICES



FOR MORE INFORMATION
SCAN QR CODE!



FALL 2023

DE-STRESS & SELF-CARE WEEK

DEC
4

DEC
5

DEC
6

Therapy Dogs for Emotional Well-Being

11AM- 1PM

Unwind and Thrive: Stress Management Workshop

11:30AM-12:30PM

Pottery Painting for Mental Health & Creative Expression

11AM-12PM



For more information
Scan QR Code

