

STUDENT HEALTH SERVICES

FALL 2023

Wellness Workshops & Events

SELF-COMPASSION WORKSHOP

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

Presented by Dr. Victoria Kwon
Monday, September 18th @ 1:00PM – 2:00PM
In The Student Health Center Conference Room

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!

Presented by Dr. Kenneth Spears
Tuesday, September 19th @ 11:00AM- 12:00PM
In the Student Health Center Conference Room

NURTURING HEALTHY RELATIONSHIPS

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.

Presented by Dr. LaJoi Lewis
Wednesday, September 20th @ 12:00PM- 1:00PM
in the Student Health Center Conference Room

MEDITATION MONDAY'S

A weekly workshop designed to restore and heal your mind, cultivate awareness, kindness, compassion & joy. Come practice mindfulness exercises, learn about mindfulness-related concepts, and listen to a guided meditation.

Presented by Dr. Maria Nazarian
Every Monday, Starting September 25th through December 4th @ 12:00PM -1:00PM
at the Library Lawn

UNDERSTANDING & COPING WITH ANXIETY AND DEPRESSION

Learn how to recognize symptoms and use effective coping strategies, such as helpful thinking patterns, mindfulness, healthy behaviors, and improved social relationships.

Presented by Dr. Maria Nazarian
Every Tuesday: Starting September 26th through December 5th @ 1:00PM-2:00PM
at the Library Lawn

SELF-CARE SERIES 3.0

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

9/27: Emotional Self
10/25: Physical Self-Care
12/6: Social Self-Care:

Presented by Dr. LaFaune Gordon
Wednesdays: 9/27, 10/25, 12/6 @ 12:00PM- 1:00PM in the Student Health Center Conference Room

ANGER MANAGEMENT SERIES DISCOVER THE PATH TO EMOTIONAL BALANCE

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

Presented by Dr. Vianey Midgette Thursdays: 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9 @ 2:00PM- 3:00PM in the Student Health Center Conference Room

STOP SMOKING & BREATHE FRESH!

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

Presented by Vickie Beckwith, Registered Nurse
Tuesday, 10/10 @ 2:00 PM- 3:00PM in the Student Health Center Conference Room

SUICIDE AWARENESS AND PREVENTION WORKSHOP

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

Presented by Vickie Beckwith, Registered Nurse
Thursday, 10/12 @ 1:00PM – 2:00PM in the Student Health Center Conference Room

PROTECT YOUR PRIVATES 3.0

Are you doing all that you can to maintain your reproductive health? 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!!

Presented by Courtney Crockett, SHS Registered Nurse
Monday, 10/23 11:30AM- 12:30PM in the Student Health Center Conference Room

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.

Presented by Dr. Alann Dingle
Tuesday: 10/24 @ 11:00AM – 12:00PM in the Student Health Center Conference Room

HEADACHE HURDLES: NAVIGATING RELIEF AND WELLNESS

Join to learn about different types of headaches, available home treatments, and when to see a provider. (Aromatherapy rice baggies)

Presented by Chris Campbell, Nurse Practitioner
Wednesday, 10/25 @ 11:00AM – 12:00PM in the Student Health Center Conference Room

BIRTH CONTROL CHOICES FOR A HEALTHIER TOMORROW

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. (Goody bags with condoms, lubricant)

Presented by Aileen Kizlinski, Nurse Practitioner
Thursday 10/26 @ 1:00PM- 2:00PM in the Student Health Center Conference Room

UNWIND AND THRIVE: MASTERING STRESS MANAGEMENT FOR YOUR HEALTH!

Life's demands can often lead to stress and overwhelm, affecting our overall well-being and health. If you're looking to regain control and lead a more balanced, fulfilling existence, our stress management workshop is just for you. Join us as we delve into proven strategies and techniques to effectively manage stress, cultivate resilience, and pave the way for a healthier, more relaxed lifestyle.

Presented by Lina Berrio, Registered Nurse
Tuesday, 12/5 @ 11:30AM – 12:30PM in the Student Health Center Conference Room

SPECIAL EVENTS

New Student Health Center Grand Opening: Wednesday, October 4th from 11:00AM- 2:00PM

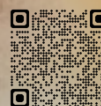
Scoop Away Stress! Ice Cream Social: Wednesday, October 4th from 11:00AM- 12:00PM in the Student Health Center Conference Room

Companions of Comfort: Therapy Dogs for Emotional Well-Being: 9/12, 10/11, 11/14, 12/4 @ 11:00AM- 1:00PM at the Student Services Plaza

Mental Health First Aid Certification Course: Virtual Training Sessions: 9/1, 10/13, 12/8 In-Person Training Sessions: Sept. 27- 28 or Nov. 8-9, Student Health Center Conference Room



Sign up at
<https://www.elcamino.edu/support/health-safety/student-health-services/events.aspx>



 El Camino College