

STUDENT HEALTH SERVICES

FALL 2024 Workshops

All Workshops will be @ Student Health Center

POSITIVE PAWS

Sept 3rd, Oct 2nd, Nov 5th & Dec 3rd @ 11:00AM– 1:00PM

MANTRA MONDAYS

Mondays From Sept 16th – Dec 3rd @ 1:00PM–2:00PM

DISCOVERY SERIES

*Sept 3rd & 17th *Oct 1st, 15th & 29th *Nov 12th & 26th *Dec. 10th
@ 1:00PM–2:00PM

A GRIEF & LOSS HEALING CIRCLE

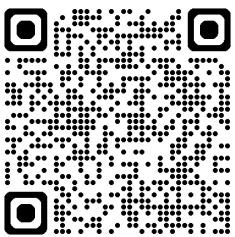
Thursdays From Sept 19th – Dec 5th (No workshop Oct 31st)
@ 2:00PM–3:00PM

SELF-CARE WEDNESDAY

Oct 2nd, Nov 6th & Dec 4th @ 12:00PM– 1:00PM

LET'S TALK

Tuesdays & Wednesdays @ 10:00AM–11:00AM
in the Social Justice Center



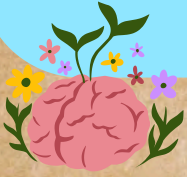
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THE DISCOVERY SERIES

In the Health Center Conference Room @ 1:00PM - 2:00PM

Click Titles For More Info!

What's
Therapy All
About?
Sept. 17th



Discover
the Health
Center
Sept. 3rd



Start

ADHD Unlocked:
Understanding
Signs &
Symptoms
Oct. 1st



Embracing
Self
Compassion
Oct 15th



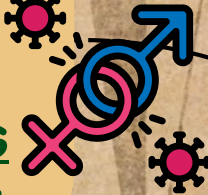
Building
Bridges Making
Meaningful
Connections
Nov. 12th



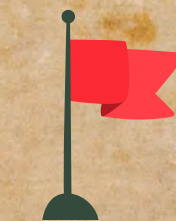
Break
Through the
Breakup
Oct. 29th



Protect
Your
Privates
Nov. 26th



Wrap Your
"Presence"
Dec. 10th



Finish



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Self-Care Wednesday

Presented by: Dr. LaFaune Gordon



Emotional Self-Care
October 2nd



Physical Self-Care
November 6th



Social Self-Care
December 4th

@ 12:00PM – 1:00PM

In the Health Center Conference Room

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



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

Suicide Awareness & Prevention

Presented by: Uickie Beckwith, Registered Nurse



Join the discussion on risk factors for suicide and how to help a friend.

**October 16th
@ 1:30pm- 2:30pm
in Health Center Conference Room**



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YOUR BIRTH CONTROL OPTIONS

PRESENTED BY: AILEEN KIZLINSKI, NURSE PRACTITIONER

Whether you're considering birth control for the first time or looking to explore different methods, this workshop will help you learn more!

**Thursday, October 17th @ 1:00PM- 2:00PM
in the Health Center Conference Room**

A colorful illustration at the bottom of the poster shows various birth control methods. On the left is a pink and white pill pack with a circular dial. In the center is a purple condom. On the right is a yellow and white syringe. The background of the illustration is a mix of purple, blue, and pink wavy shapes.

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

SUBSTANCE ABUSE & MENTAL HEALTH AWARENESS FAIR



This event is designed to raise awareness, provide resources, and promote understanding about substance abuse and mental health.

OCTOBER 23RD, 2024

**10:00AM- 1:00PM
AT THE STUDENT
SERVICES PLAZA**

FREE FOOD* | FREE FUN

***while supplies last!**



For more information, please
contact SHS at 310-660-3643



Headache Hacks

Come learn about the different types of headaches, home treatments, and when to see a provider.
Presented by: Chris Campbell, Nurse Practitioner

Wednesday | November 13, 2024

@ 11:00am– 12:00pm

In the Health Center Conference Room

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



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JOURNEY TO BEING SMOKE-FREE

Learn how tobacco-related products
affects our mind and body.

Tuesday, November 19th

@ 1:00PM- 2:00PM

In the Health Center Conference Room

FREE GOODIE BAG with attendance!





SCAN OR CLICK TO REGISTER!

FALL 2024 TRAINING CLASSES



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MENTAL HEALTH FIRST AID

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

In-Person Training Sessions:

Thurs/Fri August 29-30

Wed/Thurs October 16-17

Thurs/Fri December 5-6

Virtual Training Sessions:

Friday, September 27, 2024

Friday, November 15, 2024



NARCAN TRAINING

Learn about Narcan and how to use it!
No registration required.

In-Person Training Sessions in ITEC Rm 111

September 9th @ 10AM- 11AM

October 7th @ 11AM- 12PM

November 4th @ 12PM- 1PM

December 2nd @ 1PM- 2PM



STOP THE BLEED

The #1 cause of preventable death after injury is bleeding. With three quick actions, you can be trained to help save a life.

In-Person Class Dates:

September 18th @ 11AM-12PM

October 9th @ 12PM-1PM

October 30th @ 1PM-2PM

November 20th @ 11AM-12PM

December 11th @ 11AM- 12PM