

# 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: QUICK Q&A

Tuesdays & Wednesdays @ 9:00AM–10:00AM



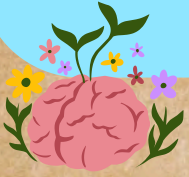
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# THE DISCOVERY SERIES

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



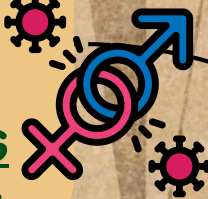
Building  
Bridges Making  
Meaningful  
Connections  
Nov. 12th



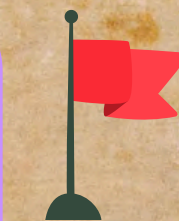
Break  
Through the  
Breakup  
Oct. 29th



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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questions, please contact SHS at  
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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 blue pill pack. A blue syringe is also visible. The background features soft, abstract shapes in shades of blue and purple.

**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.

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**OCTOBER 23RD, 2024**

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

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**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!**



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





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