

# 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

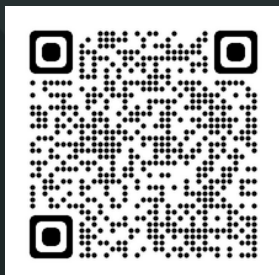
2023

**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

