

STUDENT HEALTH SERVICES

FALL 2022

Wellness Workshops + Events

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!

Presented by Dr. Victoria Kwon | Zoom | Wednesday: 9/7 @ Noon

FINDING BALANCE WORKSHOP

Improve mental health by identifying healthy strategies to balance the demands of school, family, and work. **Presented by Dr. Alann Dingle | Outdoors/**

In-Person | Tuesday: 9/13 @ Noon (Meet in front of Health Center)

PEACEFUL MIND FOR WELLNESS WEDNESDAYS

Discuss and process your feelings, and gain valuable coping tools in this monthly workshop. **Presented by Dr. LaFaune Gordon | Zoom**

Wednesdays: 9/14, 10/12, 11/9 @ Noon

BIRTH CONTROL 101

Learn about the different types of birth control, and separate the myths from the facts! Everyone is welcome! **Presented by Aileen Kizlinski, Nurse**

Practitioner | Zoom | Thursday: 9/15 @ 4PM

NUTRITIONAL WORKSHOP SERIES

9/20: Your Nutrition: TikTok Food Trends & What Really Works! Learn the truth about social media trends regarding nutrition/weight management.

9/27: Nutrition for Optimal Fitness: Understand ways your nutrition can optimize your fitness goals.

10/4: What is Disordered Eating? Learn how certain "diets" hinder your nutritional goals.

10/11: The COVID Era: How do you fix the long term affects the pandemic had on your mood, weight, and body?

10/18: Happy Gut: What Foods Contribute to Stomach Problems? Find out what foods can heal or hinder your stomach.

10/25: What Food Can Improve Your Mood: Ever feel like you can't focus? Feeling tired, anxious or irritable? The right nutrition can help.

Presented by Diana Lipson-Burge, Registered Dietitian, Certified Eating Disorder Specialist | Zoom | Tuesdays @ Noon

SPECIAL EVENTS

Mental Health First Aid Certification: 9/30, 11/18, 12/2 @ 9AM

Annual Flu Clinic: 10/3-10/7 @ 9AM- 1PM

Substance Abuse and Mental Health Awareness Fair: 10/26 @ 10AM- 2PM

Therapy Dogs: 9/28, 10/19, 11/15, 12/7 @ 11AM-1PM

LET'S TALK ABOUT SEX!

Want to talk about sex in a fun, non-judgmental way? Come join in on a Kahoot game to earn the title of SEX GAMES CHAMP. Pizza will be provided!

Presented by Alexis Johnson, Registered Nurse and Sandra Sloan, Registered Nurse | In-Person | Wednesday: 9/21 @ 11:30AM
Room 208 in Health Sciences Building

SELF-COMPASSION WORKSHOP

Do you beat yourself up when things go wrong? Learn how to use kindness to relieve stress and achieve your goal. **Presented by Dr. Victoria Kwon | Zoom**

Wednesday: 10/5 @ Noon

SUICIDE AWARENESS & PREVENTION WORKSHOP

Join this workshop to discuss risk factors for suicide and how to help a friend.

Presented by Jennifer Beckwith, LMFT | Zoom | Monday: 10/ 10 @ 5PM

FIERCE SELF-COMPASSION WORKSHOP

Curious about how self-compassion can lead to external change? Learn how to transform your internal kindness to external power and change.

Presented by Dr. Victoria Kwon | Zoom | Wednesday: 11/2 @ Noon

BEYOND TAMPONS AND PADS!

You've got options, PERIOD! **Presented by Christine Campbell, Nurse Practitioner | Zoom | Tuesday: 11/8 @ 10AM**

LGBTQIA+ ALLYSHIP WORKSHOP

Effective Allyship is paramount in overturning systems of oppression and inequities on any level. Learn what YOU can do to be an effective LGBTQIA+ Ally!

Presented by Dr. Kenneth Spears | Zoom | Tuesday: 11/8 @ Noon

LET'S CLEAR THE AIR WORKSHOP

Learn about the impact of tobacco-related products on our minds, bodies, and the environment. **Presented by Vickie Beckwith, Registered Nurse**

Zoom | Wednesday: 11/16 @ 4PM

ANGER MANAGEMENT WORKSHOP SERIES

This workshop will guide students in understanding the cycle of anger and how it impacts our lives. **Presented by Dr. Vianey Midgette | Zoom**

Thursdays: 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3 @ Noon

FOR ACCESSIBILITY-RELATED QUESTIONS, PLEASE CONTACT SHS AT 310-660-3643.



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