



MENTAL HEALTH WELLNESS SERVICES AT SOLANO COLLEGE

Wellness Counselors can help you with: test anxiety, relationship issues, life transitions, anxiety, depression, conflict/exploration of identity, grief/loss, performance anxiety/issues in sports and more.

Services are FREE and are available when classes are in-session.

All in-person wellness sessions are provided in the Counseling center in Bldg 400, at the Fairfield campus.



Meet your Wellness Counselors!

Ayanni Manning:

Mondays: 10am-4pm

Kayla Gibson

Tuesdays: 10am-1pm & 3:30pm

Fridays: 11:30am - 1:30pm

Wellness Counselors are accumulating their clinical hours for licensing & are supervised by Dr. Donna Lee PSY 300500 from National University.

Please use the link or QR code below to complete a request for a wellness counseling session:
www.tinyurl.com/sccwellness

HAVE QUESTIONS?
CONTACT US

 707-864-7101

 counseling@solano.edu

