



Wellness Center Calendar

Fairfield Campus, Bldg 1400, Rm 1428
M-Th 10:30am-2:30pm; Fridays TBA



APRIL 2024

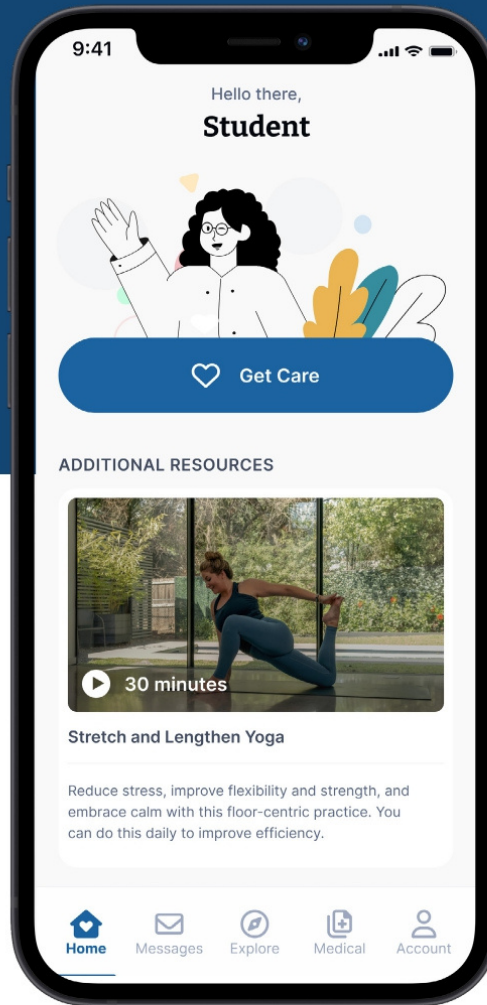
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PAINT	2 Foreign Word Memory	3 games	4 SKETCH / DRAW	5	6
7	8	9	10	11	12	13
SPRING BREAK						
14	15 IDENTITY WALL 12PM - 2PM PRIDE CLUB KARAOKE	16 Bird House Feeding	17 PUZZLES 12pm - 2pm Intervarsity	18 MOVIE DAY	19	20
21	22 SURPRISE ACTIVITY	23 SELF FORGIVENESS JAR	24 <i>SAND ZEN</i>	25 <i>karaoke</i>	26	27
28	29 games	30 MIRROR AFFIRMATIONS				



TalkNow Visits From Anywhere

Get on-demand, 24/7 emotional support from a behavioral health provider to talk about concerns like:

- Anxiety
- Depression
- Substance use
- Stress
- Life transitions
- Academic challenges
- Relationship issues



It's for Students. FOR FREE.

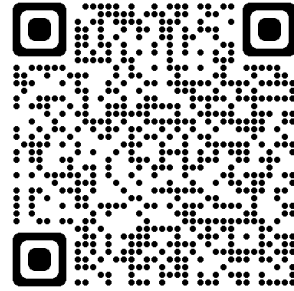
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Get support now! Download the TimelyCare app or visit timelycare.com/solano to learn more.

On Campus Wellness Counseling: In partnership with the Community-Based Counseling Program (CBCP) in the JFK School of Psychology and Social Sciences (JFKSOPPS) at *National University* (formerly known as JFK University), PsyD or MFT (Marriage and Family Therapy) current graduate students and/or recent graduates of JFKSOPSS and other local universities provide brief mental health wellness counseling (6-8 sessions per semester). Located in the SCC Fairfield Campus, Building 400, First Floor, Rm. 404.

These services are FREE!

For more info: Call (707) 864-7101 or E-Mail Counseling@solano.edu



SOLANO COUNTY RESOURCE WEBSITES

<https://solanoconnex.org>

<https://solano.networkofcare.org/>

<https://www.211bayarea.org/solano/>

9-8-8

Crisis Hotline - 988: 988 has been designated as the new three-digit dialing or text code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States 24/7.