



Wellness Center Calendar

Vallejo Campus, Room 213

M & W 11am-1pm; Fridays TBA

APRIL 2024



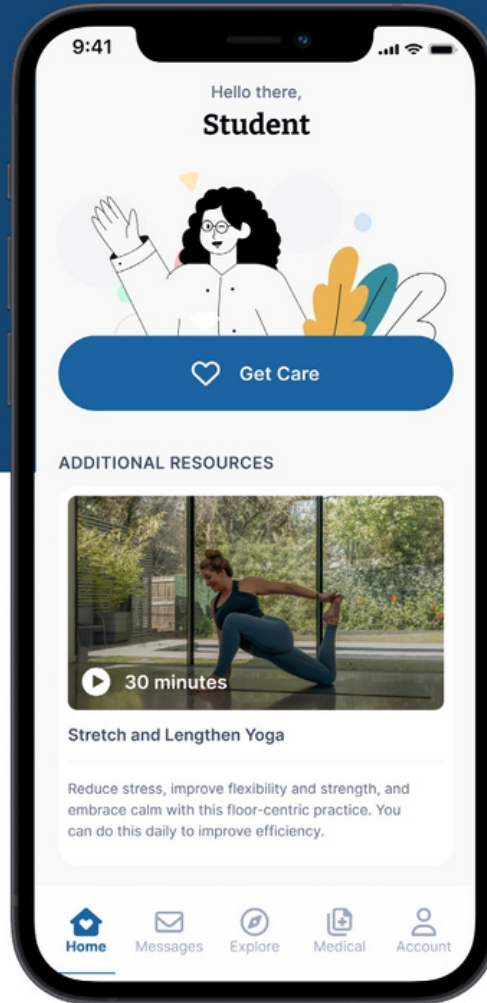
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>BISCO DANCE</i>	2	3 Stamp Activity	4	5	6
7	<i>SPRING BREAK</i>					13
14	15 Foreign Word Memory	16	17 WALL OF WISDOM	18	19	20
21	22 Bird House Feeding	23	24 LOTERIA	25	26	27
28	29 Self Forgiveness Jar	30				



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.

- @timelycare
- @timelycare
- @timely_care

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.