



Wellness Center Calendar  
Vallejo Campus, Room 213  
M-Th 10am-1pm; Fridays TBA



# AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11 <i>Welcome Back!</i> <b>games</b>	12 <b>movie day</b>	13 <b>community garden</b>	14 <b>identity wall</b>	15	16
17	18 <b>mirror affirmations</b>	19 <i>karaoke &amp; open mic</i>	20 <b>tie dye</b>	21 <b>wall of wisdom</b>	22	23
24 / 31	25 <b>meditation</b>	26 <b>CREATIVE WRITING</b>	27 <b>PAINT</b>	28 <b>JOURNALING</b>	29	30

For more information please e-mail [wellnesscenter@solano.edu](mailto:wellnesscenter@solano.edu)

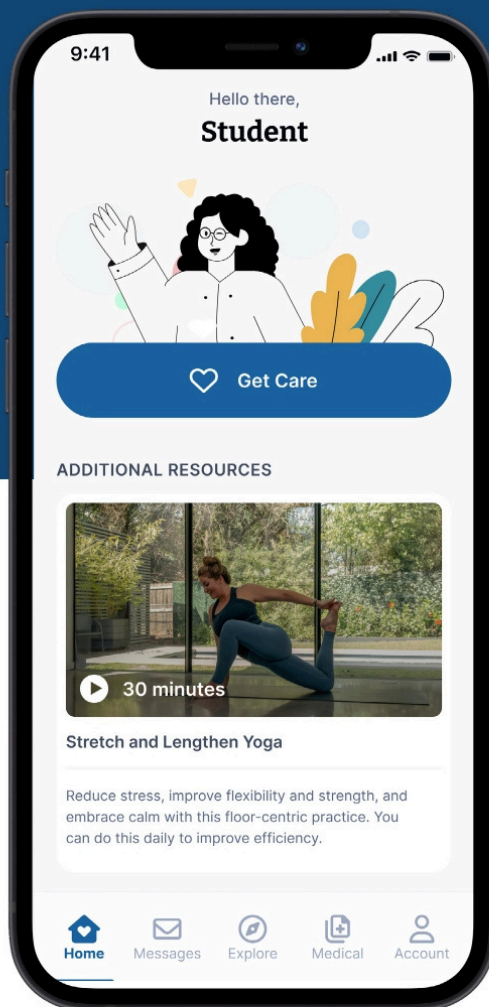
\*Subject to change



# 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

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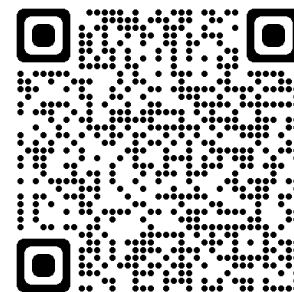
Get support now! Download the TimelyCare app or visit  
[timelycare.com/solano](https://timelycare.com/solano) to learn more.

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**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](mailto: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.