



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

**SEPTEMBER 2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>CLOSED</b>	2 <b>CHARADES</b>	3 plant affirmations	4 <b>movie day</b>	5	6
7	8 <b>community garden</b>	9 <b>BINGO</b>	10 <b>BOARD GAMES</b>	11 <b>Artistic Expression Day</b>	12	13
14	15 <b>Card Games</b>	16 <b>CLAY MOLDING</b>	17 <i>would you rather</i>	18 <b>games</b>	19	20
21	22 <i>karaoke &amp; open mic</i>	23 <b>VISION BOARDS</b>	24 <b>community garden</b>	25 <b>tie dye</b>	26	27
28	29 <b>PUZZLES</b>	30 <i>sketch/draw</i>				

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

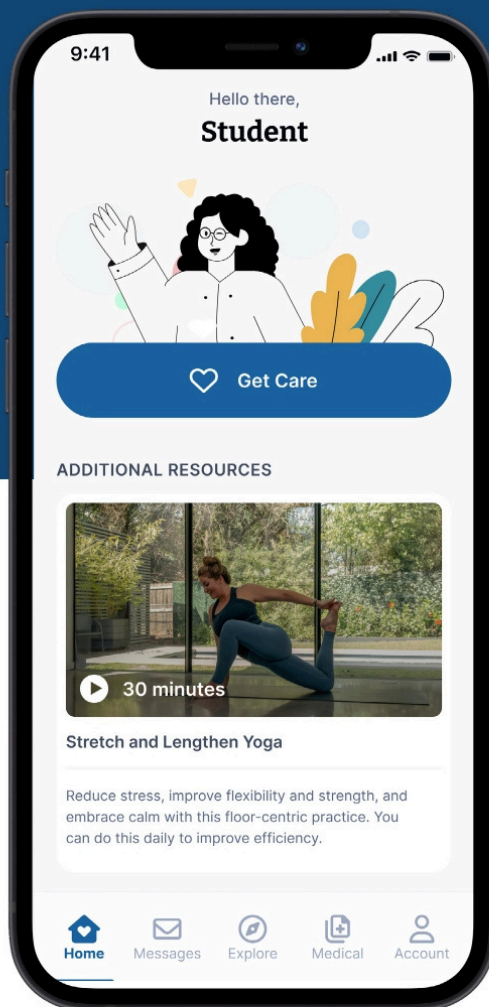
\*Subject to change



# 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.**

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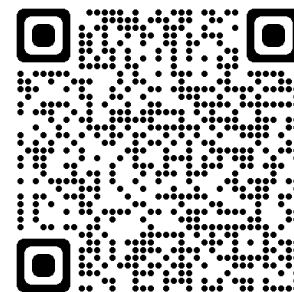
Get support now! Download the TimelyCare app or visit  
[timelycare.com/solano](https://timelycare.com/solano) to learn more.

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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.