



Wellness Center Calendar

Vacaville Campus, Multipurpose Room

M-Th 10am-1pm; Fridays TBA



SEPTEMBER 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------|---------------------------|------------------------|------------------------|--------|----------|
| | 1 CLOSED | 2 PUZZLES | 3 identity wall | 4 movie day | 5 | 6 |
| 7 | 8 mirror affirmations | 9 PAINT | 10 community garden | 11 CREATIVE WRITING | 12 | 13 |
| 14 | 15 CLAY MOLDING | 16 karaoke & open mic | 17 JOURNALING | 18 sketch/draw | 19 | 20 |
| 21 | 22 community garden | 23 Inner-Self Portrait | 24 wellness workout | 25 BINGO | 26 | 27 |
| 28 | 29 POETRY | 30 OUTLOOK DAY | | | | |

For more information please e-mail wellnesscenter@solano.edu

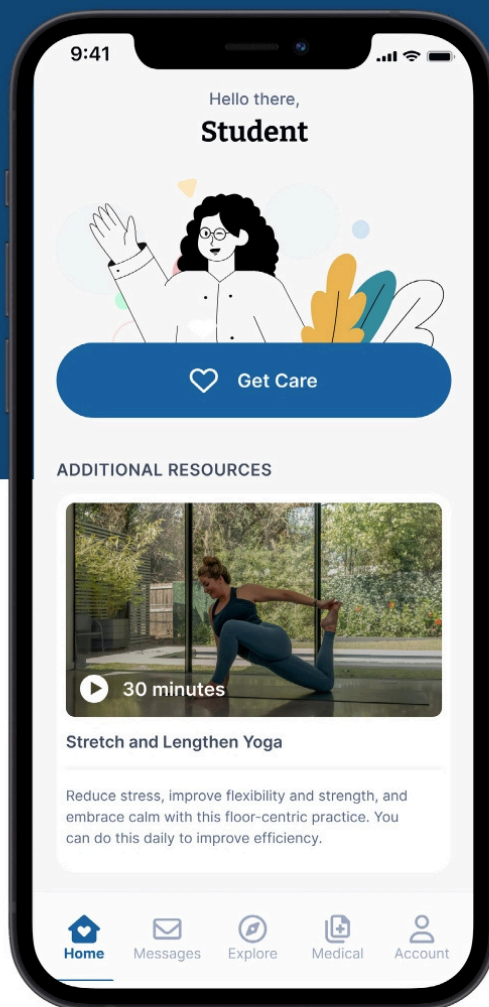
*Subject to change



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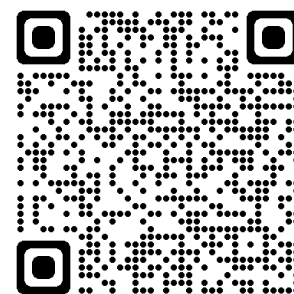
Get support now! Download the TimelyCare app or visit
timelycare.com/solano to learn more.

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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



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.