



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



AUGUST 2024

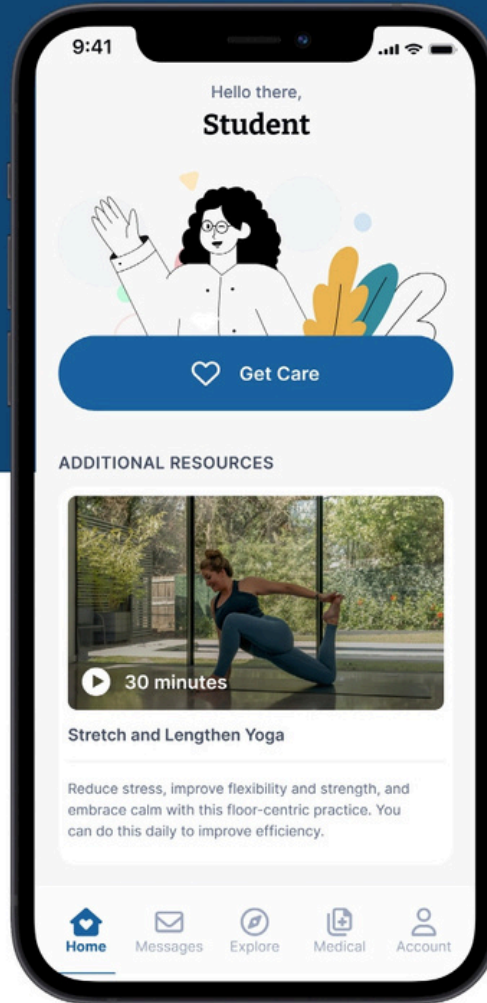
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12 PUZZLES	13 SAND ZEN	14 games	15 stamp activity	16	17
18	19 Bird House Feeding	20 Legos	21 sketch/ draw	22 tie dye	23	24
25	26 plant affirmations	27 paint	28 CLAY MOLDING	29 karaoke & open mic	30	31



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.