



Wellness Center Calendar

Vacaville Campus, Multipurpose Room

M&W: 10am-12pm T&Th: 10am-1pm
Fridays TBA

AUGUST 2024



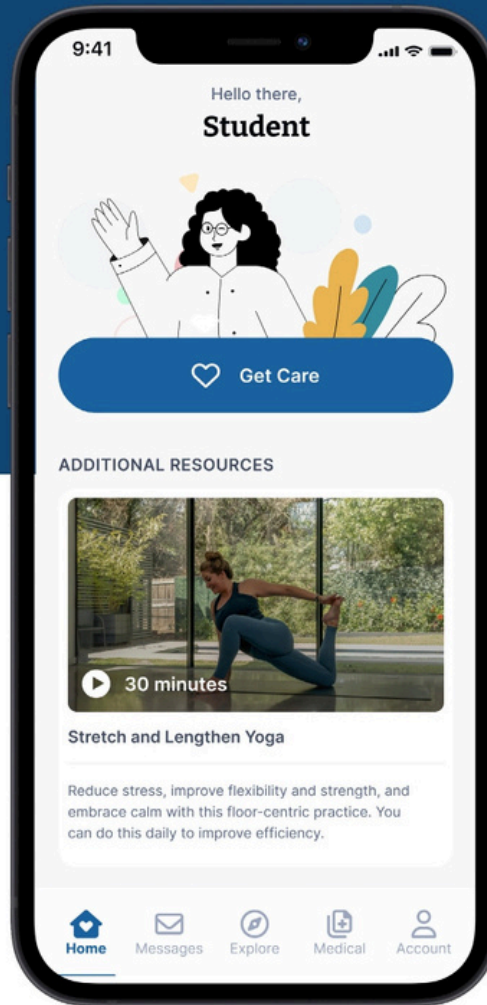
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------|-----------------------------|---|----------------------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 <i>SAND ZEN</i> | 13 games | 14 sketch/ draw | 15 Legos | 16 | 17 |
| 18 | 19 paint | 20 PUZZLES | 21 karaoke & open mic | 22 Movie Day | 23 | 24 |
| 25 | 26 tie dye | 27 Bird House Feeding | 28 mirror affirmations | 29 <i>loteria</i> | 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.