



Wellness Center Calendar

Fairfield Campus, Bldg 1400, Rm 1428
M-Th 10:30am-2:30pm; Fridays TBA



MAY 2024

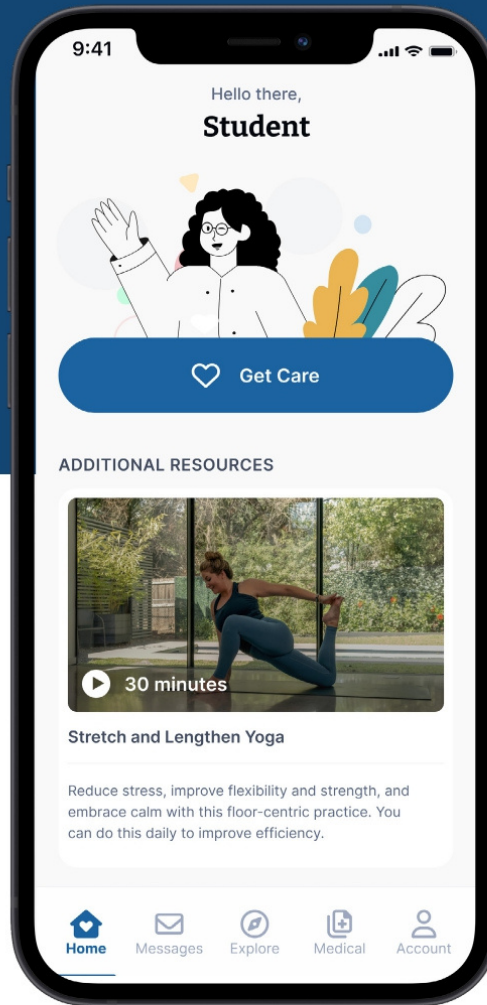
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NAMI	2 games	3	4
5	6 <i>charm bracelet</i>	7 Self Forgiveness Jar	8 <i>OUTDOOR DAY</i>	9 JOURNALING	10	11
12	13 PUZZLES	14 Non-English Word Memory Game	15 karaoke & open mic	16 11AM - 12PM OUTDOOR DAY 12PM-2:30PM open	17	18
19	20 games	21 MOVIE DAY	22 <i>Last Day Potluck</i>	23	24	25
26	27	28	29	30	31	



TalkNow Visits From Anywhere

Get on-demand, 24/7 emotional support from a behavioral health provider to talk about concerns like:

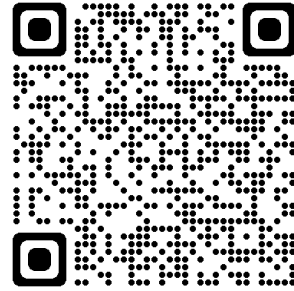
- Anxiety
- Depression
- Substance use
- Stress
- Life transitions
- Academic challenges
- Relationship issues



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.

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.