



# Wellness Center Calendar

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



## MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <b>karaoke</b>	4 <b>wall of wisdom</b>	5 <b>OUTDOOR DAY &amp; MOVIE DAY</b>	6 <b>Inner-Self Portrait &amp; games</b>	7	8
9	10 <b>sketch &amp; draw</b>	11 <b>soap making</b>	12 <b>CLOSED</b>	13 <b>CLOSED</b>	14	15
16	17 <b>11M - 12PM Mental Health Career Workshop &amp; Card Games</b>	18 <b>games</b>	19 <b>IDENTITY WALL &amp; paint</b>	20 <b>outdoor quad activities</b>	21	22
23 30	24 <b>Vision Board</b> 31 <b>outdoor day</b>	25 <b>replant yourself</b>	26 <b>LOTERIA</b>	27 <b>karaoke &amp; open mic</b>	28	29

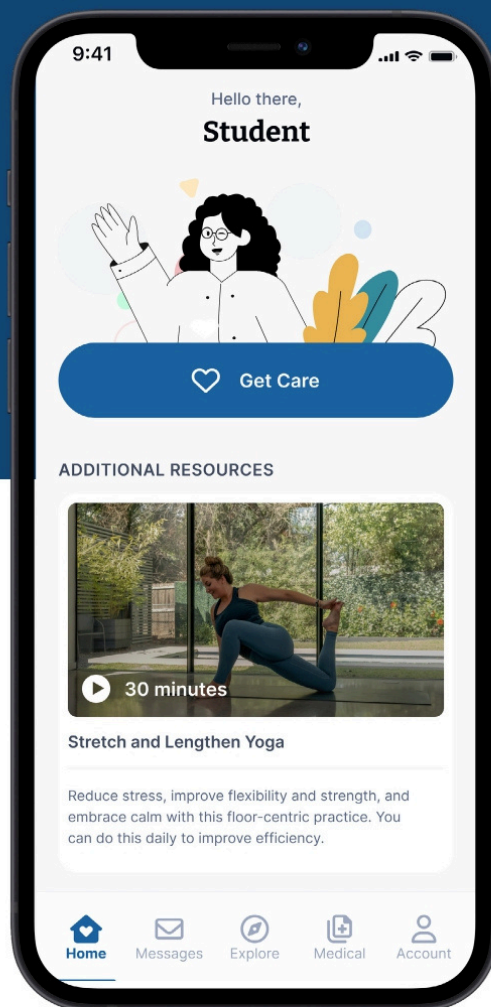
COMMUNITY COLLEGE



# 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

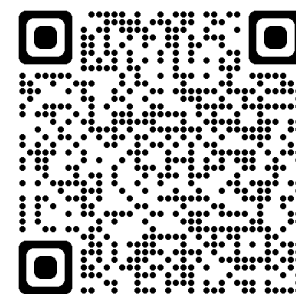
Get support now! Download the TimelyCare app or visit  
[timelycare.com/solano](https://timelycare.com/solano) to learn more.

©TimelyMD 2022

**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.