



# Wellness Center Calendar

## Vallejo Campus, Room 213

### M & W 11am-1pm; Fridays TBA

# MAY 2024



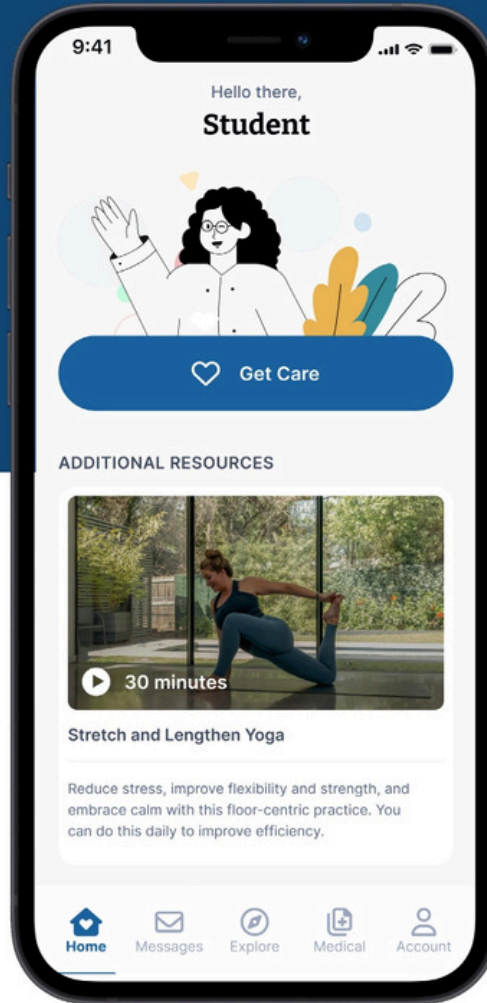
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>games</b>	2	3	4
5	6 BIRDHOUSE FEEDING	7	8 INNER SELF- PORTRAITS	9	10	11
12	13 <b>Non-English Word Memory Game</b>	14	15 <b>karaoke &amp; open mic</b>	16	17	18
19	20 <b>Self Forgiveness Jar</b>	21	22 <i>Last Day Potluck</i>	23	24	25
26	27	28	29	30		



# 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](https://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](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.