



Wellness Center Calendar

Vallejo Campus, Room 213

M-Th 10am-1pm; Fridays TBA

APRIL 2025



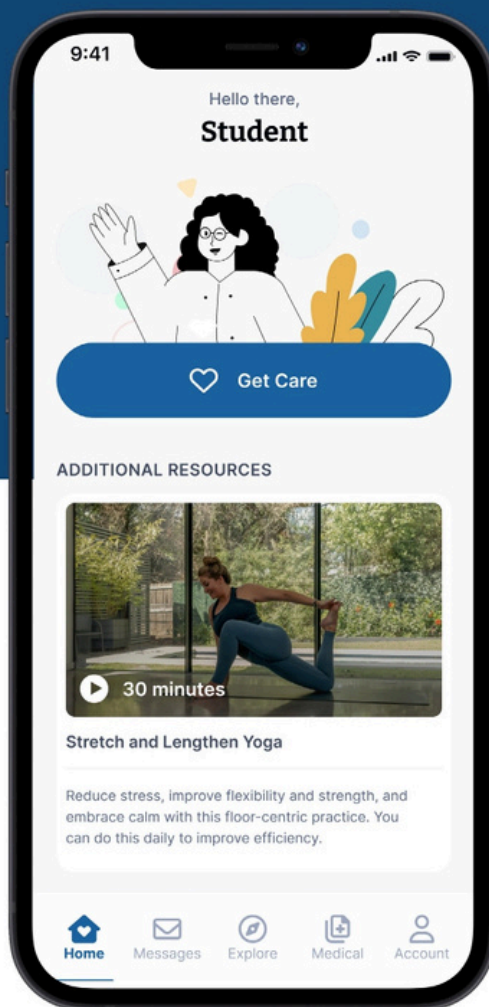
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>mindfulness bingo</i>	2 <i>games</i>	3 <i>community garden</i>	4	5
6	7	8 ***	9	10	11	12
		Spring Break				
13	14 wellness workout	15 MOVIE DAY	16 PLANET EARTH BINGO	17 wellness workout	18	19
20	21 <i>OUTLOOK DAY</i>	22 mirror affirmations	23 CREATIVE WRITING	24 <i>community garden</i>	25	26
27	28 <i>games</i>	29 <i>would you rather</i>	30 sketch/draw			



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 to learn more.

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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.