



# Wellness Center Calendar

Vallejo Campus, Room 213  
M-Th 10am-1pm; Fridays TBA

## MARCH 2025



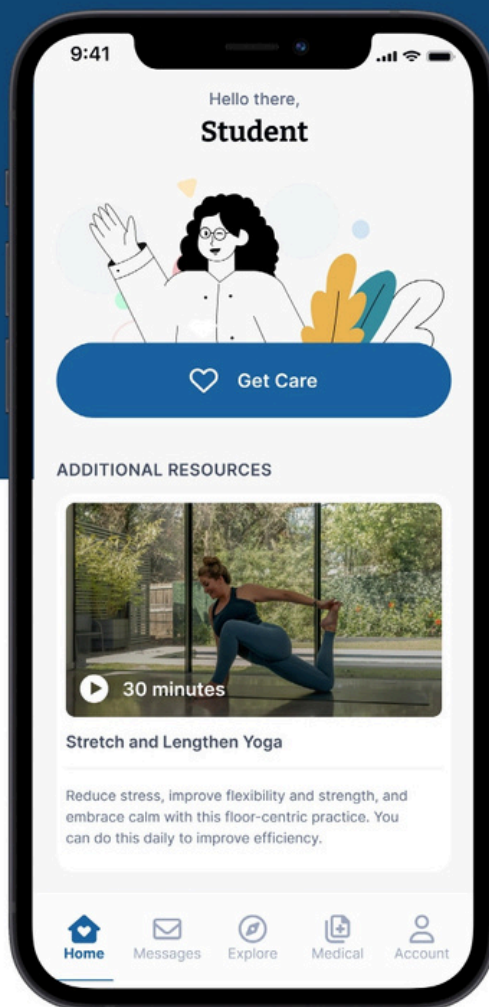
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 wellness workout	4 Inner-Self Portrait	5 OUTLOOK DAY	6 IDENTITY WALL	7	8
9	10 wall of wisdom	11 mindfulness bingo	12 CLOSED	13 CLOSED	14	15
16	17 OUTLOOK DAY	18 would you rather	19 meditation	20 community garden	21	22
23	24 tie dye	25 soap making	26 JOURNALING	27 wellness workout	28	29
30	31 PUZZLES					



# 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.

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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](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.