

Wellness Newsletter

PROVIDED BY SRJC HEALTH PEERS

This newsletter
offers wellness-
related information,
events, and
resources on
campuses bi-weekly.

01/19/2024

Please forward this to a friend, and they can

[SUBSCRIBE HERE](#)

Student Health Services (SHS)

THE HEALTH & WELLNESS CENTER

Discover Health

SANTA ROSA
3rd Floor
Bertolini

PETALUMA
610 Call Building

Appointments

(707) 527-4445

SHS.SANTAROSA.EDU

**PHYSICAL
HEALTH**


RESOURCES

**MENTAL
HEALTH**

REFERRALS

**SEXUAL
HEALTH**

& MORE

 **SRJC STUDENT
HEALTH SERVICES**

 **SANTA ROSA
JUNIOR COLLEGE**

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This non-discrimination policy covers admission, access and treatment in District programs and activities—including but not limited to academic admissions, financial aid, educational services and athletics—and application for District employment. The Sonoma County Junior College District is an equal opportunity employer.

SHS Resources

AVAILABLE

Covid & Flu Vaccines

for SRJC students



- Avoid getting sick by getting vaccines
- Prevent missing days/weeks of class

Stop by or call for an appointment (707) 527-4445

 SRJC STUDENT
HEALTH SERVICES

 SANTA ROSA
JUNIOR COLLEGE

SHS Resources

GET HEALTH INSURANCE



Ends
January 31

Don't Miss Out, Enroll Today!

To make an appointment to enroll in Covered California (private insurance) or Medi-Cal (public insurance) call:

Student Health Services: (707) 527- 4445



SHS Resources

MENTAL HEALTH RESOURCES



WELLNESS RESOURCE



SELF-DIRECTED, NON-CREDIT
COURSE

CANVAS.SANTAROSA.EDU/ENROLL/R84LMN

This Canvas course is a resource for SRJC students to find on-campus, off-campus, and online resources to support their time at SRJC. It includes the Wellness Central resource: modules designed to bring health and wellness resources to California community college students. The SRJC Student Health Resource Center is committed to helping you succeed and supporting your physical and mental health.

Thank you for taking the time to prioritize your well-being!

MEET THE PEERS!



Health PEERS is a student-led organization based on SHS. PEERS utilize the authentic and creative voices of students to increase the conversation about mental health.

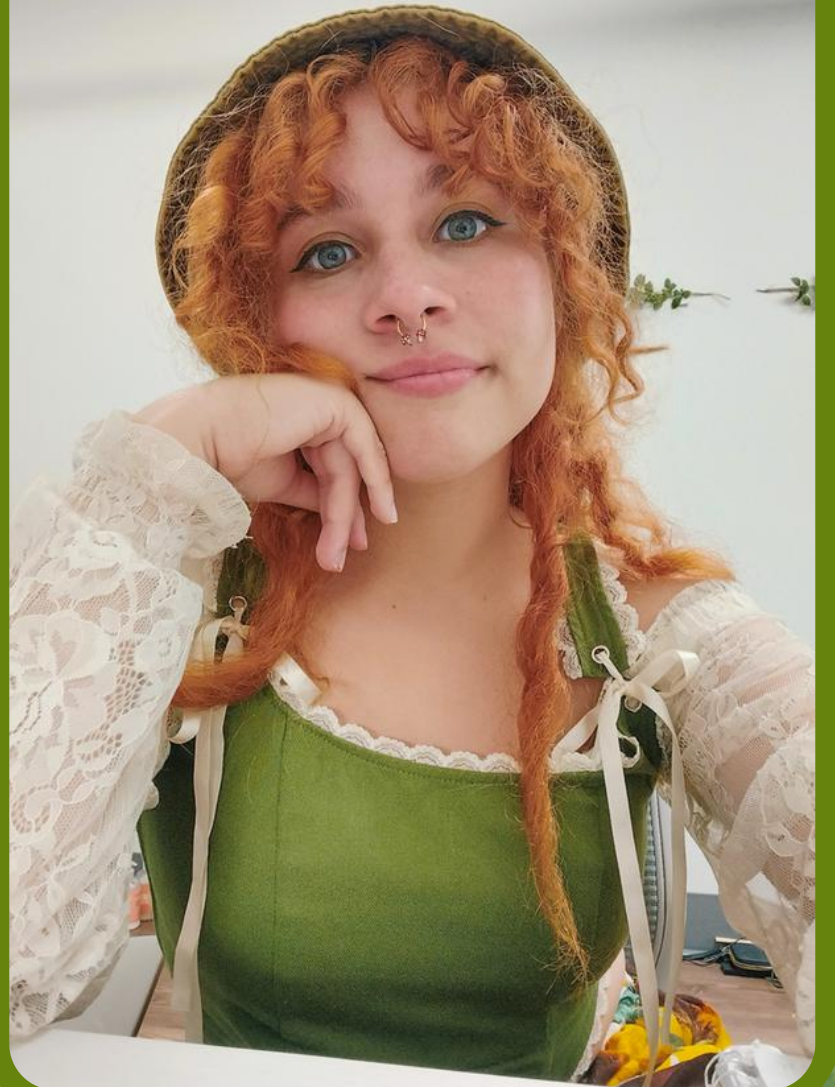
PEERS aims to raise awareness and reduce stigma around mental health and wellness.



SHS
PEERS
Profile for
January

Natalia Vazquez Malave

Natalia is a Latina student from Puerto Rico. She achieved a psychology major and is exploring music. She likes reading books, making macrame, and playing ukulele and piano. She mostly enjoys things related to music, painting, culture, and language.



She started her psychology journey in 2018. After dealing with her first depression for almost a year, she wanted to understand how the mind works and how this affects people's wellbeing. She learned that many invisible wounds in the body risk human lives, and she had seen some fantastic people lose their lives at a young age.

She is glad to work as PEERS, bringing chances, safe space, and hopes to help students stay in wellness. The experience of working with PEERS prepares her well to offer students valuable resources on SRJC campus.





COMMON MENTAL HEALTH ISSUES:

- 1 in every 8 people in the world live with a mental disorder.
- Mental disorders involve significant disturbances in thinking, emotional regulation, or behaviors.
- There are many different types of mental disorders: depression, anxiety, post-traumatic stress disorder (PTSD), (attention deficit hyperactivity disorder) ADHD, relationship problems, eating disorders, bipolar disorder, schizophrenia, disruptive behavior and dissocial disorders, neurodevelopmental disorders, etc.
- Effective prevention and treatment options exist



For more: www.who.int/news-room/fact-sheets/detail/mental-disorders



DID YOU KNOW...



screening

screening.mentalhealthscreening.org/srjc

College Response allows students to complete an anonymous online screening for Depression, Anxiety, Alcohol, Eating Disorders, Bipolar Disorder or PTSD to see if they would benefit from professional consultation.

This screening is customized for you and will direct you to local resources if needed.

EVENT

Healing Circle

Feb 7th | 10 am - 12 pm

Apr 3rd | 10 am - 12 pm



The Circle facilitator **Brijida "Brijit" Alemán** is Native American from the Hopland Band of Pomo Indians, Mexican American, and the daughter of migrant farm laborers.

Brijit has been at SRJC since 2009, working in College Skills, Financial Aid, Disability Resources, and now as a bilingual mental health clinician in our Student Psychological Services serving marginalized populations such as Spanish-speaking, Latinx, Native American, undocumented, and formerly incarcerated students.

More details are coming soon...

Campus Resources

petaluma.santarosa.edu/welcome



Free Farmer's Markets

PICK UP FRESH PRODUCE AND OTHER
GROCERIES. FREE!
ON THE PATIO ADJACENT TO THE STUDENT
ENGAGEMENT & SUCCESS CENTER (500)

FEB. 6, 11:30AM-1:30PM

MAR. 5, 11:30AM-1:30PM

APR. 2, 11:30AM-1:30PM

MAY 7, 11:30AM-1:30PM



PETALUMA
CAMPUS

CAMPUS RESOURCES

FDNT 75 nutrition.santarosa.edu/spring-nutrition-classes



Are you fascinated by nutrition and how the food you eat affects your health? Do you want to improve your cooking skills? SRJC's **Principles of Food** class is a hands-on culinary nutrition class that combines cooking techniques with the science of nutrition.

Learn how to make dietary changes to support your health and the health of those around you. Understand the role of food in treating and preventing disease. Come away with new and delicious healthy recipes. Classes are partially online with a cooking lab in the Burdo Culinary Arts Center.



The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This non-discrimination policy covers admission, access and treatment in District programs and activities, including but not limited to academic admissions, financial aid, educational services, athletics, and application for District employment.

CAMPUS RESOURCES

DIET 191 nutrition.santarosa.edu/spring-nutrition-classes



Do you want to improve your communication skills? Does your job require you to motivate other people? Are you working in the healthcare field? If so, SRJC's **Counseling Skills for Healthcare** class is for you!

Learn how to inspire others to create positive change in their behaviors using motivational interviewing. Improve your ability to engage with your clients and help them discover their own motivation to change. You will come away with many new skills that you can start using immediately. In person and Zoom options available.

 **SANTA ROSA
JUNIOR COLLEGE**

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This non-discrimination policy covers admission, access and treatment in District programs and activities, including but not limited to academic admissions, financial aid, educational services, athletics, and application for District employment.

WELCOME TO



SRJC STUDENT HEALTH SERVICES

Hours:

Santa Rosa Campus

In-Person & Zoom

Mon - Thu: 8:30 AM - 5:00 PM

Friday: 9:00 AM - 3:00 PM

Petaluma Campus

In-Person

Mon 9:00 AM - 12:00 PM

Wed 9:00 AM - 4:00 PM

Zoom throughout the week



FOR MORE INFORMATION PLEASE
CALL OR VISIT OUR WEBSITE:

707.527.4445

[SHS.SANTAROSA.EDU](https://shs.santarosa.edu)



WEBSITE: shs.santarosa.edu

TEL: (707) 527-4445

EMAIL: studenthealthservices@santarosa.edu

Previous Wellness Newsletters



FOLLOW US

Events & Resources:

Events & Newsletter subscribe: shs.santarosa.edu/current-events

Resources: shs.santarosa.edu/community-resources

For Questions: srjcpeerscoalition@gmail.com

Instagram: [instagram.com/srjcpeers](https://www.instagram.com/srjcpeers)

Facebook: [facebook.com/srjcpeers](https://www.facebook.com/srjcpeers)

YouTube: [youtube.com/channel/UCK3FdZByUzk_ew4PGULeWoQ](https://www.youtube.com/channel/UCK3FdZByUzk_ew4PGULeWoQ)