



WELLNESS NESLETTER

PROVIDED BY SRJC HEALTH PEERS

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

2/2/2024



Please forward this to a friend, and they can

SUBSCRIBE HERE

STUDENT PSYCHOLOGICAL SERVICES (SPS)



- Free for all JC students
 - Support emotional difficulties
 - Confidentiality
 - Safe and positive place
 - Individual Therapy
 - Couple Therapy
 - Drop-in Services
 - Available in Spanish
- 

STUDENT PSYCHOLOGICAL SERVICES

MEET SPS THERAPISTS



MENTAL HEALTH APPOINTMENTS

Santa Rosa: In-Person & Zoom:

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

Fri: 9:00 AM - 3:00 PM

Petaluma: In-Person & Zoom

Wed 9:00 AM - 4:00 PM

MENTAL HEALTH DROP-IN HOUR

Santa Rosa: In-person & Zoom:

Mon - Thu 2:00 PM

Fri 11:00 AM

Petaluma: In-person & Zoom

Wed 2:00 pm

Both Locations: call for after-hours appointments

SANTA ROSA: BERTOLINI, 3RD FLOOR, WEST WING

PETALUMA: 610 CALL BUILDING

TEL (707) 527-4445

FAX (707) 524-1858

EMAIL: studenthealthservices@santarosa.edu

SHS STAFF

Profile for February



Bert Epstein

PsyD

Manager, Mental Health Programs

Bert Epstein, PsyD, is Manager, Student Health Services, Mental Health Programs, and Training Director of Student Psychological Services. He also provides clinical supervision.

Over 20 years, Dr. Epstein has trained or worked in five counseling centers and supervised over 30 trainees. He received his BA from UC Berkeley and his doctoral degree from CSPP/Alliant, Bay Area. He works from an integrative theoretical perspective and has a background in cognitive-behavioral therapy. He is passionate about diversity in all respects and has organized several conferences on the topic. Areas of specialization include integration of technology and mental health, anxiety and mood disorders, relationship issues, prevention work including outreach presentations, and counseling center administration.



SHS PEERS



Profile for February

Katie Brenninger



Katie Brenninger is a first year student at SRJC, majoring in Environmental Studies. She hopes to work in an oceanographic field.



Katie plays on the Women's Volleyball Team at SRJC. She also enjoys doing any physical outdoor activity such as hiking, swimming, biking, etc.



Working as PEERS has been one of her favorite jobs, which allows her to make new connections with students in the academic environment. If you ever see her on campus, please feel sure to say hi!



DID YOU KNOW...

SRJC DISABILITY RESOURCES DEPARTMENT (DRD).

- Accessible, equitable, and inclusive community
- Provide accommodations and services to support disabled students' academic goals
- Value individual's lived experiences and intersectional identities.
- Remove barriers
- Implement Universal Design for Learning principles

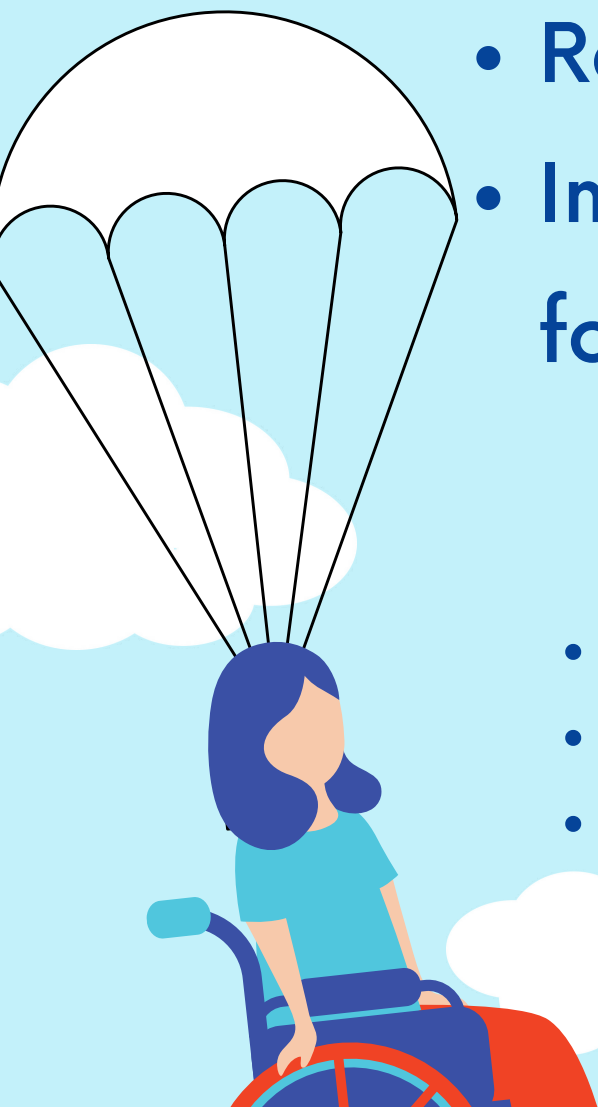
Santa Rosa Campus

- Bertolini Hall, 3rd Floor
- Tel: (707) 527-4278
- Mon - Thu 8 am - 5 pm
F 8am - 12 pm

Petaluma Campus

- Richard Call Building,
Room 600
- Tel: (707) 778-2491
- Mon - Thu 8 am - 5

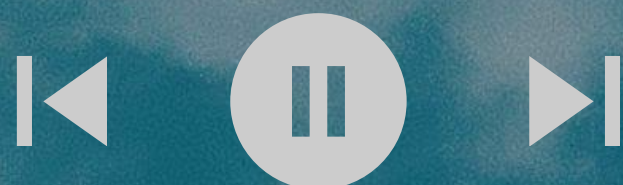
Email: disabilityinfo@santarosa.edu



DID YOU KNOW...

Active Coping & Recovery

Coping with Traumatic Stress Reactions



Active Coping

- accept the impact of trauma and take direct action to improve things.
- a way of responding to everyday life.
- a habit that can be made stronger.

Recovery Is a Process

- normal to have ongoing response to trauma
- happen little by little, not all of a sudden
- not forgetting traumatic events or bad feelings or pain when thinking about
- fewer symptoms and bother less
- more confidence to cope with trauma-related memories and symptoms.
- better to manage feelings

For more: www.ptsd.va.gov/gethelp/coping_stress_reactions.asp

EVENTS

Healing Circle

Feb 7th WED | 10 am - 12 pm

Apr 3rd WED | 10 am - 12 pm

Bertolini 4608, Girvin Student Activities Center (SAC)



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.

EVENTS

SELF CARE DAY

I will think positive thoughts

I will drink a lot of water

I will move my body

I will get plenty of rest

SELF

CARE

DAY

MEET SRJC
THERAPISTS

PRIZE
DRAWING

VARIOUS
CLUBS

FUN
GAMES

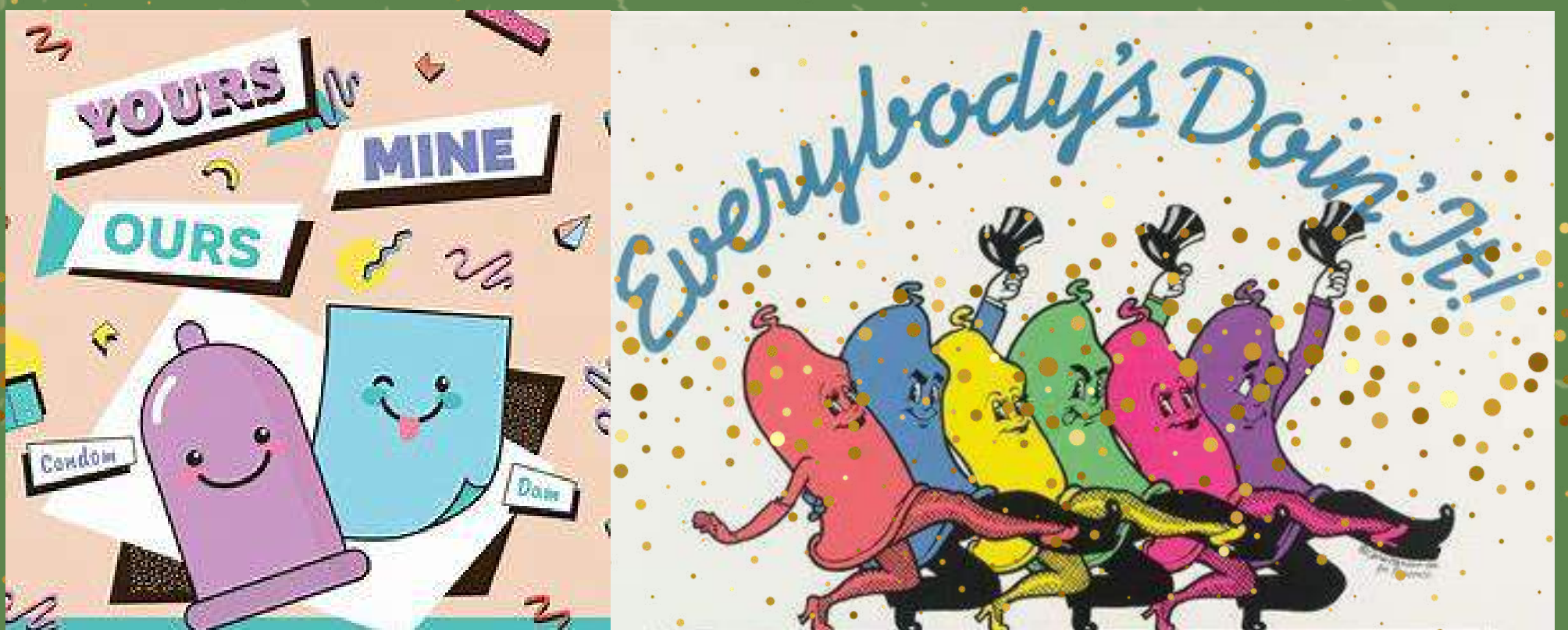
WHEN: FEB 12TH 11AM-1PM

WHERE: BERTOLINI QUAD



REPRODUCTIVE SERVICE

GET CONDOMS FOR FREE!



WHY condoms?

- Effective against STDs
- Easily access & Convenient
- Birth control
- Low risk for side effects
- Reduce risk of infections

*We will be at Club Day handing out
condoms for The National Condom Day!*

Feb 14th Wed 11 am - 3 pm

CAMPUS EVENTS



2024

BLACK HISTORY MONTH

YOU ARE:
YOUR ANCESTORS
DREAMS REALIZED



MON 2/5		"Building Black Wealth" Presented by Victor E. Hughes 12:30 pm - 1:30 pm Sawubona Black Student Center Pioneer Hall 360	WED 2/14		"I Am Black History" Personal Engagement Workshop Presented by Dr. AK Sterling 12:00 pm - 1:15 pm
WED 2/7		"Prioritizing Yo End Game" Presented by Dr. Calvin Monroe 12:00 pm - 1:30 pm Sawubona Black Student Center Pioneer Hall 360 and 4:00 - 6:00 pm Polly O'meara Doyle Hall Dorm	WED 2/14	GAME Night	"Fun & Games Night" Presented by Sawubona Black Student Center Pioneer Hall 360 5:00 pm - 7:00 pm
FRI 2/9		"Hip Hop Writing Workshop" Presented by Bocafloja 4:00 pm - 5:00 pm Santa Rosa Intercultural Center Pioneer Hall 380 and Mini Concert with "Rasquaches" 6:00 - 7:00 pm Bertolini, Student Activities Center	TUE 2/20		"Grit, Perseverance, & Investing In Your Future Self: A Blueprint for Personal Growth and Success" Presented by Rubin Scott Community Equity Foundation 12:30 pm - 1:30 pm
MON 2/12		"Black Voices from the Ivory Tower" Film Screening and Q & A Presented by Dr. Khalid White 10:00 am - 12:00 pm Newman Auditorium, Emeritus Hall	WED 2/21	GAME Night	"Fun & Games Night" Presented by Sawubona Black Student Center Pioneer Hall 360 5:00 pm - 7:00 pm
TUE 2/13		"Let's Make A Deal" With North Bay Black Chamber's Abrea Tillman & Irmina Benson 12:30 pm - 1:30 pm Sawubona Black Student Center Pioneer Hall, 360	WED 2/21		"Space for Multiple Truths" Mental Health & Wellness Series Presented by Joseph Hancock 12:00 pm - 1:15 pm
			WED 2/28		"Space for Multiple Truths" Mental Health & Wellness Series Presented by Joseph Hancock 12:00 pm - 1:15 pm



WED
2/28

GAME Night

"Fun & Games Night"
Presented by
Sawubona Black Student Center
Pioneer Hall 360
5:00 pm - 7:00 pm



For More Information Contact:
Regina Mahiri at rmahiri@santarosa.edu | 707-527-4519 or
D'Yonna Johnson at djohnson@santarosa.edu

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

ALL STUDENTS ARE WELCOME TO JOIN
ALL RECOVERY MEETINGS

TUESDAYS: 2PM

Bertolini Student Services Building, 1st floor, Room 4643
Senate Chambers

WEDNESDAYS: 5PM

Bertolini Student Services Building, 2nd floor, Room 4743

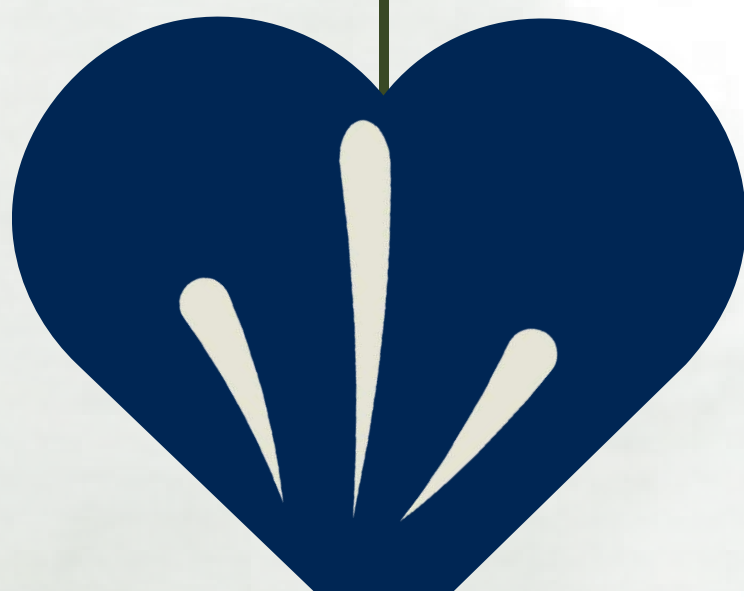


LET'S TALK RECOVERY
RECOVERY FOR ALL
UNDER THE SAME TREE



FOR MORE INFORMATION
CONTACT: TOVA ESBIT
tesbit@santarosa.edu





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



SANTA ROSA
JUNIOR COLLEGE

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)