

WELLNESS NEWSLETTER

Provided by SRJC
Student Health PEERS

11/24/2023

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

Please forward this to a friend, and they can

[SUBSCRIBE HERE](#)

SPS THERAPIST

Profile for November



Noemie Cloutier

Noemie Cloutier, MS, is a therapist at Student Psychological Services. She is in her 4th year of a doctoral program at Palo Alto University. Clinical interests include treatment of anxiety/stress, CBT, psychodynamic therapy, and working with LGBTQIA+ students. She enjoys hiking, painting, antique shops, and writing.

PEERS Events

CRAFT & CHILL

WEDNESDAY NOVEMBER 29TH 6:00 PM-8:00PM

IN THE GREAT ROOM, POLLY O'MEARA DOYLE HALL

CRAFTS



PAINTING



BOARD GAMES



FOOD & MUSIC



SANTA ROSA
JUNIOR COLLEGE



SRJC STUDENT
HEALTH SERVICES

CAMPUS EVENT

**ALL STUDENTS ARE WELCOME TO JOIN
OUR WEEKLY MEETING**

**WEDNESDAY AT 2PM
IN ROOM 141 ON THE 1ST FLOOR
OF THE DOYLE LIBRARY BUILDING**



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

ROOTED IN INCLUSIVITY

 JOIN US ON INSTAGRAM



 JOIN US ON FACEBOOK



**FOR MORE INFORMATION
CONTACT TOVA ESBIT
EMAIL: SrjcStudents4Recovery@gmail.com**



SHS SERVICES

Free Flu & Covid Shots

.....

Call Student Health Services at 707-527-4445 to make an appointment for flu and Covid vaccines & rapid Covid test at the Student Health Clinic.

.....

Stay healthy this winter



Why Flu shot?

- **Protect your family**
- **Reduces risk of going to the doctor with flu by 40-60%**
- **Getting sick = staying home from school and work**
- **It is free**



Keep Loved Ones Safe This Winter



Updated Vaccine for 23-24 Variants

Student Health Services now has updated COVID vaccines for students. Call 707-527-4445 to make an appointment.



Keep Loved Ones Safe This Winter



DID YOU KNOW...



Dimensions of Wellness

Academic Wellness is about expanding your knowledge and creating networks to support lifelong learning, including managing academic workloads and preparation for the future, using resources to make decision, challenging yourself to new academic experiences and meeting academic goals in a healthy way, etc.



Motivational Quotes



for Students

- **Learn from yesterday, live for today, hope for tomorrow.**
- **Today a reader, tomorrow a leader.**
- **The best way to predict your future is to create it.**
- **In a world where you can be anything, be kind.**
- **None of us is as smart as all of us.**



For More

[49 Inspirational Exam Quotes For Students](#)

[41 POWERFUL Study Motivation Quotes For Exam Success](#)

[60 Motivational Quotes to Get You Through Finals Week](#)

[51 Best Inspirational Exam Quotes For Student Success](#)

[25 Motivational Quotes To Get You Through Finals Week](#)



HOW TO MANAGE STRESS

in College

- **Get Enough Sleep.** Getting both quality sleep and enough sleep offers a variety of health benefits, including reducing stress and improving your mood.
- **Eat Well.**
- **Exercise Regularly.**
- **Don't Rely on Stimulants.**
- **Set Realistic Expectations.**
- **Avoid Procrastinating.**
- **Identify a Stress Outlet.**

For More

[The Student's Guide to Managing Stress in College](#)

[5 ways to manage student stress](#)

[Top 10 Stress Management Techniques for Students](#)

[School Stress Management:](#)

[Tips and Strategies for Students of All Ages](#)

[The Top 8 Stress Relief Methods For Studying At Exam Time](#)

[10 Tips to Help Students Manage Stress](#)

[Five top ways for college students to manage stress](#)



SRJC Resources

[Academic Counseling](#)

[Libraries](#)



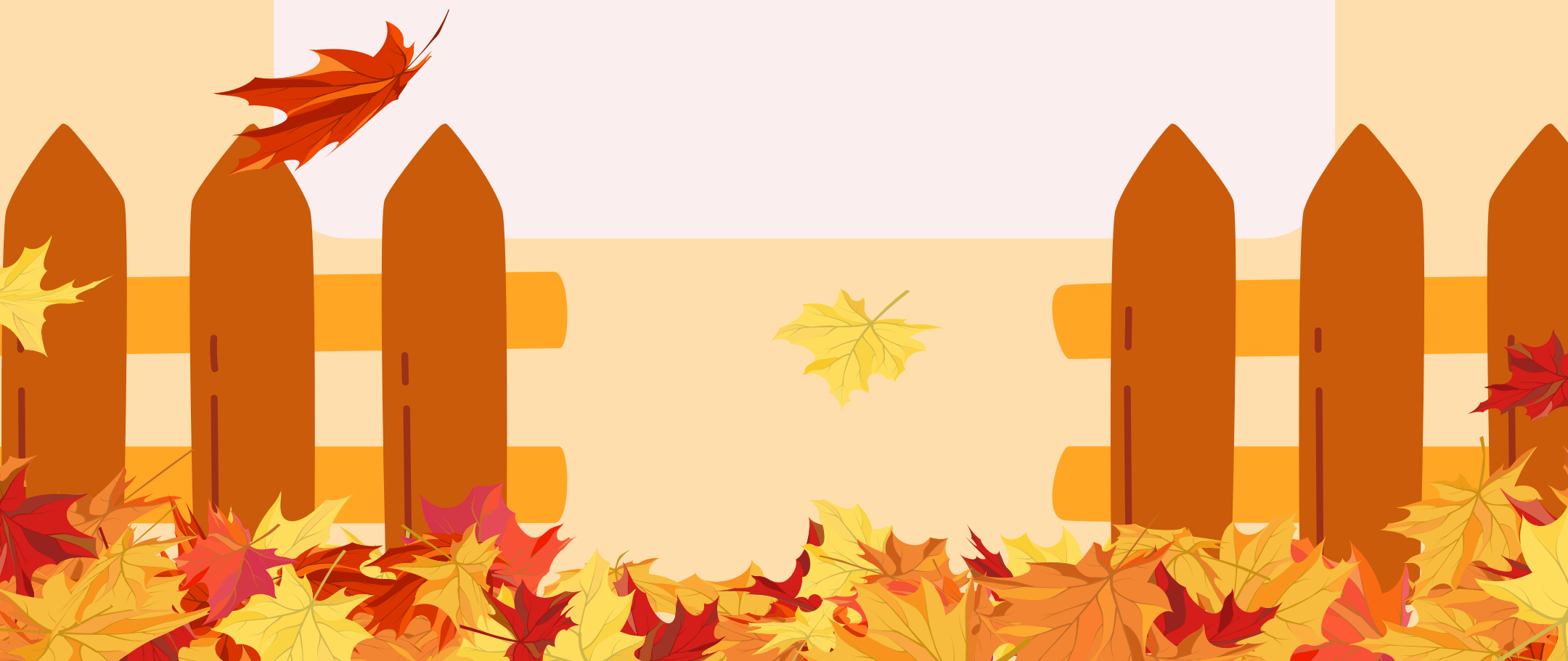
[Tutorial Centers](#)

[Success Coaches](#)

[Bookstore](#)



[Transfer Center](#)



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

Call for after-hours appointments



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)