

SRJC STUDENT HEALTH SERVICES

WORKSHOPS

Fall Semester 2026



**SUPPORT.
WELLNESS.
COMMUNITY.**



All semester long, SHS offers a variety of workshops and training opportunities designed to support your well being, safety, and success.



QPR (Question, Persuade, Refer)

Learn how to recognize the warning signs of suicide and how to Question, Persuade, and Refer someone to help.

Friday, September 4 | 1:00 PM - 2:30 PM

Wednesday, October 21 | 3:30 PM - 5:00 PM

Thursday, November 5 | 12:00 PM - 1:30 PM



NARCAN & HARM REDUCTION

Gain life-saving skills and knowledge about overdose prevention and harm reduction.

Friday, September 18 | 1:00 PM - 2:00 PM

Tuesday, October 27 | 12:00 PM - 1:00 PM

Wednesday, November 18 | 12:00 PM - 1:00 PM



MENTAL HEALTH FIRST AID

Get certified. Learn how to help someone experiencing a mental health challenge.

Friday, November 13 | 9:00 AM - 4:00 PM



PROJECT CONNECT

Build connection and resources to support a caring and inclusive campus community. Dates TBD



SHS PEERS WORKSHOPS

Join engaging student-led workshops to grow your skills and explore topics that matter to you. Dates TBD

**NEW TOPICS
NEW CONNECTIONS
ALL SEMESTER**

STAY IN THE LOOP!

Scan the QR code to view upcoming events, details, and registration.



shs.santarosa.edu/current-events

New events added throughout the semester!



@srjcpeers

Follow us on Instagram for wellness event updates, trainings, and campus resources.

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