

WELLNESS NEWSLETTER

Provided by SRJC Student Health PEERS



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

9/1/2023

WELCOME TO

THE HEALTH & WELLNESS CENTER

Discover Health

SANTA ROSA
3rd Floor
Bertolini

PETALUMA
610 Call Building

Appointments

(707) 527-4445

[SHS.SANTAROSA.EDU](https://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.

DID YOU KNOW?

Health Promotion

&

Classroom Presentations

Does your class, club, or organization want to hear about or talk about mental health topics, such as Stress, Depression, Procrastination, Wholistic Wellness?

We would be thrilled to present information or facilitate discussions with your groups. Feel free to contact Health Promotion at

shs.santarosa.edu/health-promotion-wellness

STUDENT HEALTH PEERS EVENT

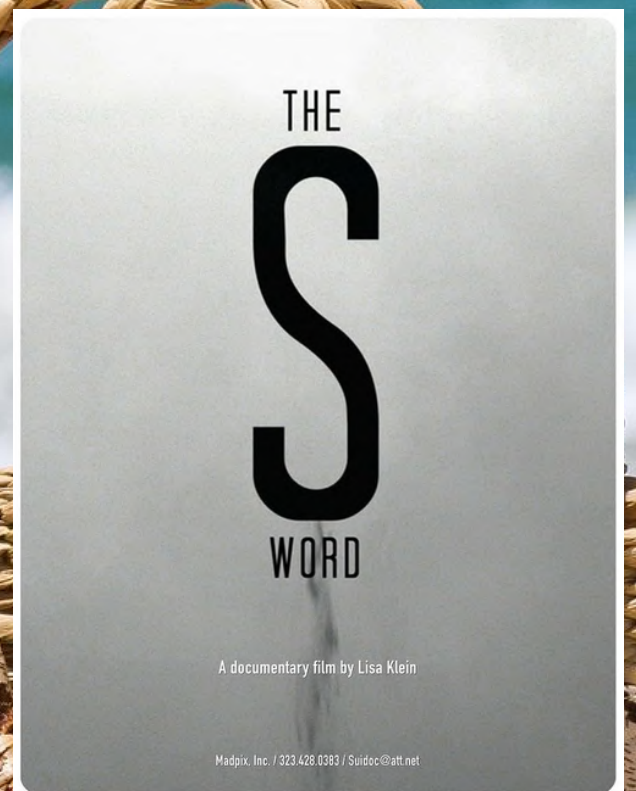
QPR (Question, Persuade, Refer) TRAINING

Sep 14th, Thursday 3:30PM - 5:00PM

**THE "S" WORD
SCREENING**

Sep 26th, Tuesday 3:00PM - 5:00PM

Location: Student Activity Center
(Bertolini Student Services Building,
1st Floor, Room 4608)



Join us in raising awareness for Suicide Prevention Month. Watch "The 'S' Word," a powerful documentary by Lisa Klein following a survivor's quest to share stories of courage and resilience. Stay for a panel discussion with students and mental health professionals, and enjoy refreshments. Let's make a difference together.

For more information:
shs.santarosa.edu/current-events

STUDENT PSYCHOLOGICAL SERVICES (SPS)

- Counseling Appointments
- Drop-in Services
- Individual Therapy
- Couple Therapy
- Group Therapy
- Confidentiality

SPS is a program designed to serve SRJC students who are experiencing stress or other emotional difficulties, such as: panic or anxiety, depression, grief and loss, identity struggles, relationship difficulties, substance abuse, eating disorders, or test anxiety, etc. SPS is a safe and positive place to address difficulties. SPS services are provided free of charge, assuring no financial barriers to receiving needed services.

STUDENT PSYCHOLOGICAL SERVICES

MEET SPS THERAPISTS



MENTAL HEALTH APPOINTMENTS

Santa Rosa: In-Person & Zoom:

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

Fri: 8:30 AM - 12:30 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

SPS
THERAPIST
Profile for September



Allison Ferrari

Allison Ferrari is a therapist trainee at Student Psychological Services. She is in her second year of a master's program in Clinical Mental Health Counseling at Sonoma State University. Clinical interests include Internal Family Systems and Dialectical Behavior Therapy, as well as working with neurodiverse students. In her free time she enjoys going to concerts, camping, playing video games, and reading.

Recipe for Breakfast in a Dorm Room

1. Greek yogurt, fresh fruit
2. Avocado toast
3. Oatmeal
4. Cottage cheese and fruit
5. Microwaved eggs
6. Breakfast burrito/tacos
7. Fruit smoothie
8. Ready-made protein pancakes
9. Pre-cooked frozen sausages
10. Bagels with cream cheese and strawberries
11. Bagel with peanut butter and banana
12. Apple or banana with peanut or almond butter
13. Hard boiled eggs
14. Muffins in a mug
15. Cereal or granola
16. Packet porridge
17. Hamburger

For More:

eatwellspendsmart.com/15-healthy-college-breakfast-ideas

collegenutritionist.com/blog/easy-healthy-breakfast-for-college-students

myrecipes.com/extracrispy/11-breakfasts-that-you-can-make-in-a-dorm-room-besides-cereal



Tips for Snacks

Snacks to Keep in Your Backpack
for long days on campus:

1. Nuts
2. Smoothies
3. Dark Chocolate
4. Protein Bars
5. Popcorn
6. String Cheese
7. Hummus with pita and vegetables
8. Pre-packaged Protein-Packed Snacks
9. Avocado
10. Pretzels & Cheese
11. Stone Fruits
12. Greek yogurt
13. Bananas



For More:

in.nau.edu/ucan/10-easy-snacks-for-long-days-on-campus

spoonuniversity.com/lifestyle/smart-cookies-the-caffeinated-cookies



Videos for Workout Beginners



Easy Beginner Workout For Teens & College Students

youtube.com/watch?v=53Lrh1PUi-k



Good Morning Workout

youtube.com/watch?v=9g4z0gFlfpA

The Best 15-Minute Beginner Workout

youtube.com/watch?v=GS_z6FG_jqE



20 min Full Body Workout for Total Beginners

youtube.com/watch?v=H2U3HwAyBXg



PERFECT Beginner

Workout (with Sets and Reps)

youtube.com/watch?v=ixkQaZXVQjs



DID YOU KNOW...



Dimensions of
Wellness

RESOURCES

NEW MENTAL HEALTH COURSE

SRJC Student Health Services presents a new self-directed, non-credit course:

WELLNESS RESOURCE



ENROLL



CANVAS



SRJC STUDENT
HEALTH SERVICES

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

Resources and tips are shared via videos, quizzes, and more about the 6 Dimensions of Wellness:

EMOTIONAL
SOCIAL
PHYSICAL
ACADEMIC
FINANCIAL
SPIRITUAL

ENROLL ANYTIME: [CANVAS.SANTAROSA.EDU/ENROLL/R84LMN](https://canvas.santarosa.edu/enroll/r84lmn)

RESOURCES

FREE OVERCOUNTER ITEMS

REMEMBER YOU CAN VISIT STUDENT HEALTH SERVICES IF YOU NEED:

TAMPONS

PADS

PAIN RELIEVERS

BAND-AIDS

* We are in Bertolini 3rd Floor *

Student Health PEERS

ARTÍCULOS DE MOSTRADOR GRATIS

RECUERDA QUE PUEDES ACUDIR A STUDENT HEALTH SERVICES SI NECESITAS:

TAMPONES

TOALLITAS

ALIVIOS PARA EL DOLOR

BAND-AIDS

* Estamos en Bertolini 3er piso *

Student Health PEERS

RESOURCES

988

**SUICIDE
& CRISIS
LIFELINE**

988

**LÍNEA DE
PREVENCIÓN
DEL SUICIDIO
Y CRISIS**

Campus Event

STUDENT SERVICES
WELCOME TO FALL 2023

Ice Cream Social

WEDNESDAY, SEPTEMBER 6TH

1:00 PM - 3:00 PM

WELCOME
STUDENTS
AND STAFF



SRJC PETALUMA - UNDER THE CANOPY

SRJC SANTA ROSA - BERTOLINI QUAD

SRJC ROSELAND - HERITAGE HALL (START TIME AT 12:30)

PLEASE JOIN US IN COMMUNITY TO ENJOY THE
SCOOP!



WELCOME TO



SRJC STUDENT
HEALTH SERVICES

Hours:

Santa Rosa Campus

In-Person & Zoom

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

Friday: 8:30 AM - 12:30 PM

Petaluma Campus

In-Person

Wed 9:00 AM - 4:00 PM

Call for after-hours appointments



FOR MORE INFORMATION PLEASE
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707.527.4445

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TEL: (707) 527-4445

EMAIL: STUDENTHEALTHSERVICES@SANTAROSA.EDU



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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)