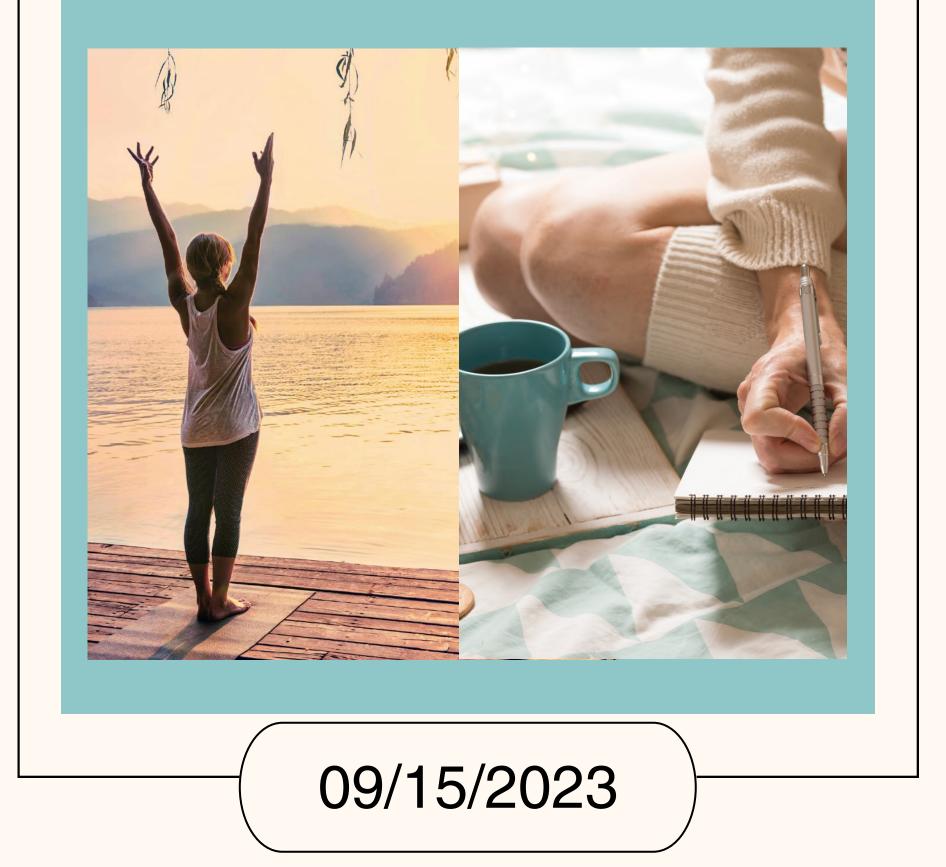
# WELLNESS NEWSLETTER

# Provided by SRJC Student Health PEERS

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



# DID YOU KNOW



# SEPTEMBER IS National Suicide Prevention Month



#### **QPR TRAININGS**

**Question, Persuade, Refer** Interactive Training: Become a **Gatekeeper** -Learn the steps to help others experiencing a crisis

Thursday, September 14 3:30 - 5:00PM 4875 BERTOLINI, 3RD FLOOR SANTA ROSA CAMPUS

Thursday, September 28 3:30 - 5:00PM

WELCOME & CONNECT CENTER CONFERENCE ROOM MIKE SMITH HALL BUILDING 500 ROOM 102

PETALUMA CAMPUS

#### THE 'S' WORD

Free screening of "The 'S' Word," a powerful documentary of a survivor's quest to share stories of courage and resilience.

### SHS.SANTAROSA.EDU/ CURRENT-EVENTS





SANTA ROSA JUNIOR COLLEGE Panel discussion with mental health professionals to follow. Refreshments will be available.

Tuesday, September 26 3:30 -5:30PM STUDENT ACTIVITY CENTER BERTOLINI, 1ST FLOOR ROOM 4608

988 SUICIDE & CRISIS LIFELINE



# SPS THERAPIST Profile for September



### Annie Graham She/Her

Annie Graham is a therapist at Student Psychological Services. She is in her 3rd year of a doctoral program in psychology at the PGSP-Stanford PsyD Consortium. Clinical interests include anxiety, depression, and trauma. In her free time enjoys trail running on Mount Tamalpais.

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Stress & Anxiety Workshop

# Navigating Anxiety-With our SRJC therapists

Learn more about how anxiety can show up and how to manage it



Special Guests





#### ANNIE GRAHAM

Therapist



**NOEMIE CLOUTIER** 

Therapist

### Tuesday, October 10, 2023 12:15-1:00 pm At Doyle Library, room 141

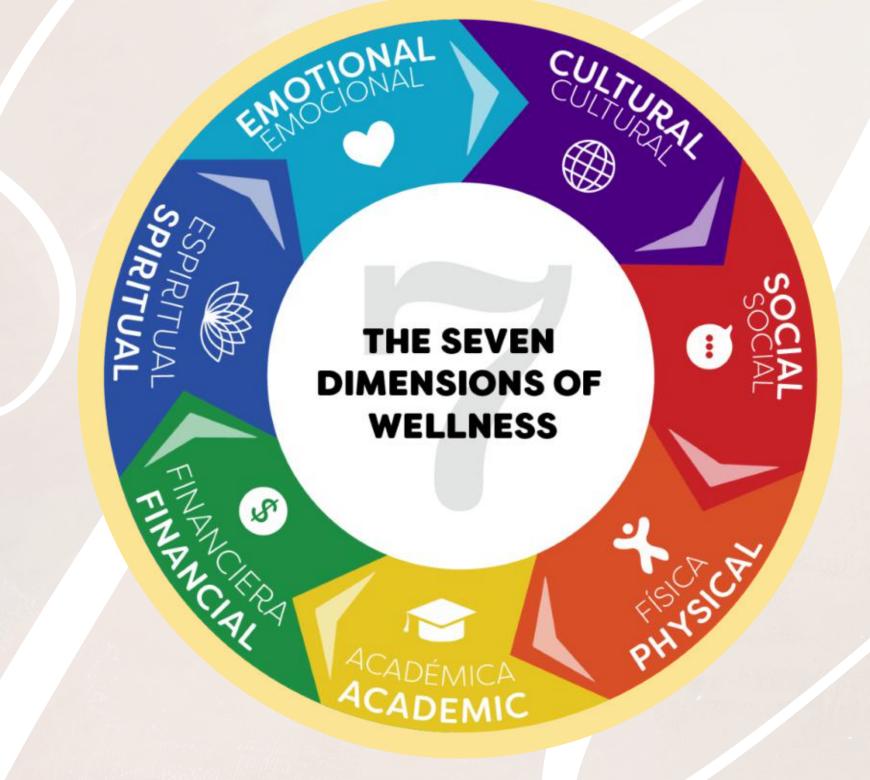






# DID YOU KNOW

# A Invisible Dimension





## THE CULTURAL DIMENSION

Culture is the way you live. It dwells in everything.

# Cultural Health

Cultural Health refers to having a deep awareness of one's personal culture and life experiences and understanding how they influence people's value system, worldview, and practices; recognizing and respecting the culture and life experiences of others and intentionally taking time to empathize with, understand, and respect other perspectives.

- Ability to connect with people in terms of building relationships and collaboration
- A person's culture and life experience impacts their values, the healthy habits they develop, their perceptions of what is wrong and right

 A person's ability to positively impact the world and live with meaning and purpose depends on the ability to empathize and understand others

# For More

### What is Cultural Health

What is a Cultural of Health

What Cultural Health Is and Why You Should Improve Yours

from the American Psychological Association (APA) to be more culturally aware: Think beyond race and ethnicity. A person's culture is shaped by more than the color of their skin or the way that they dress.

Learn by asking.

# Make local connections.

# Pay attention to non-verbal behaviors.

• Exchange stories.

# RESOURCES

# SR INTERCULTURAL CENTER (SR IC)



SRJC, SANTA ROSA CAMPUS PIONEER HALL, RM 380 707-527-4741 (CALL/TEXT) INTERCULTURAL®SANTAROSA.EDU

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<u>Semester Hours</u> Monday & Tuesday: 10am – 4pm Wednesday & Thursday 10am –7pm Friday: By appointment only SR IC commits to collectively create a campus where individuals and communities thrive and pursue their dreams as their authentic selves, liberated of all oppressive

systems.

### For more: intercultural.santarosa.edu

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# RESOURCES SRICEVENT

"WE ARE STRONGER TOGETHER"

Queer Resource Center

# WELCOME DINNER

Join the Queer Resource Center and other LGBTQIA2s+ identifying students, faculty, and staff for a night of socializing and community building.

Dinner and refreshments will be provided.

Sept.26th.2023

4pm-7pm

SR Intercultural Center, Pioneer Hall #380



QRCSRJC

QRC@SANTAROSA.EDU

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# 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





JOIN US ON FACEBOOK

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

### WELCOME TO



# SRIC 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 CALL OR VISIT OUR WEBSITE: 707.527.4445

### SHS.SANTAROSA.EDU





### WEBSITE: <u>SHS.SANTAROSA.EDU</u>

### TEL: (707) 527-4445

### EMAIL: STUDENTHEALTHSERVICES@SANTAROSA.EDU



### **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
- Facebook: facebook.com/srjcpeers
- YouTube: youtube.com/channel/UCK3FdZByUzk\_ew4PGULeWoQ