

WELLNESS NEWSLETTER

**Provided by SRJC
Student Health PEERS**

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



09/15/2023

DID YOU KNOW



SEPTEMBER IS
National Suicide
Prevention Month



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

 **SRJC STUDENT
HEALTH SERVICES**

 **SANTA ROSA
JUNIOR COLLEGE**

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.*

*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

988 LÍNEA DE
PREVENCIÓN DEL
SUICIDIO Y CRISIS

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.

PEERS EVENING

Stress & Anxiety Workshop

Navigating Anxiety- With our SRJC therapists

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



ANNIE GRAHAM

Therapist

Special Guests



NOEMIE CLOUTIER

Therapist

**Tuesday,
October 10, 2023**

12:15-1:00 pm

At Doyle Library, room 141



Student Health PEERS



SRJC STUDENT
HEALTH SERVICES



SANTA ROSA
JUNIOR COLLEGE

D I D Y O U K N O W

A I n v i s i b l e
D i m e n s i o n



T H E
C U L T U R A L
D I M E N S I O N



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](#)

TIPS

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
SRJCIINTERCULTURALCENTER

intercultural.santarosa.edu

SANTA ROSA INTERCULTURAL CENTER



*No one is free until
we are all free*

Fall 2023

Semester Hours

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

RESOURCES

SR IC EVENT

"WE ARE STRONGER TOGETHER"



Queer Resource Center

Rainbow 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

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**



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
CALL OR VISIT OUR WEBSITE:

707.527.4445

SHS.SANTAROSA.EDU



WEBSITE: SHS.SANTAROSA.EDU

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](https://www.instagram.com/srjcpeers)

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YouTube: [youtube.com/channel/UCK3FdZByUzk_ew4PGULeWoQ](https://www.youtube.com/channel/UCK3FdZByUzk_ew4PGULeWoQ)