

WELLNESS NEWSLETTER

Provided by SRJC Student
Health PEERS

09/29/2023

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



SPS

Therapist

Profile for September

CHELSEA WORRELL



Chelsea Worrell, MA, is a sport therapist at Student Psychological Services. She is in her 4th year of a doctoral program in clinical psychology at JFK School of Psychology at National University. Clinical interest includes mental performance, CBT, and working with student-athletes. In her free time enjoys playing pickleball and spending time in nature.

PEERS EVENT

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

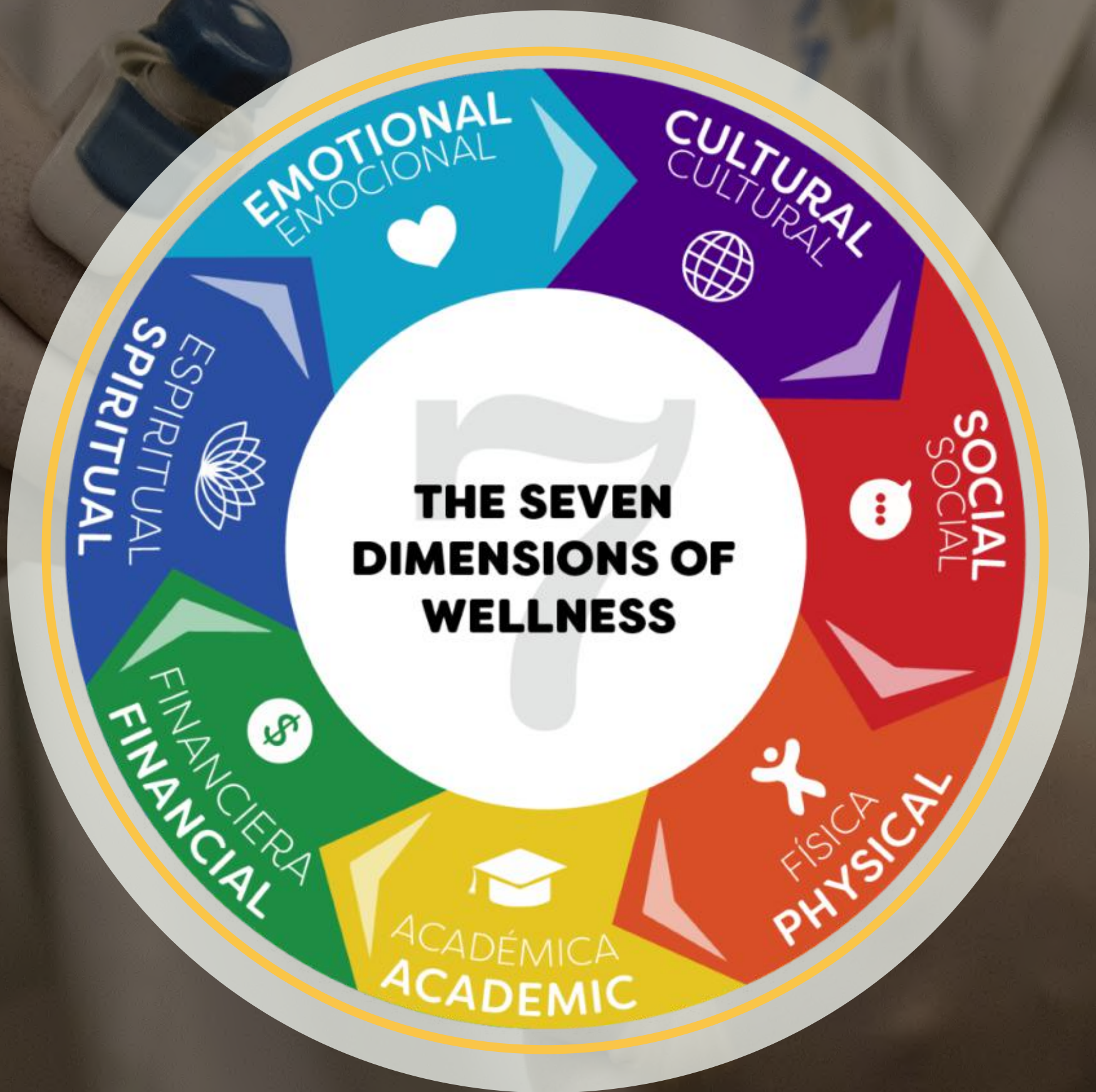


SRJC STUDENT
HEALTH SERVICES



SANTA ROSA
JUNIOR COLLEGE

DID YOU KNOW...



Dimensions of
Wellness

Health is wealth!



PERSONAL FINANCE 101: ESSENTIAL TIPS FOR COLLEGE STUDENTS



- 1. Create a Budget.
- 2. Track Your Expenses.
- 3. The Importance of Saving.
- 4. Have an Emergency Fund.
- 5. Start Building Your Credit Score.
- 6. Get a Job.
- 7. Take Advantage of Student Discounts.
- 8. Eat at Home on a Budget.
- 9. Buy Used Whenever Possible
- 10. Little Things Add Up
- 11. Automate Bill Payments and Transfers.
- 12. Stay on Top of Scholarship Opportunities
- 13. Review Regularly and Adjust



FOR MORE INFORMATION:

Essential Tips for College Students

post.edu/blog/financial-tips-for-college-students/

10 ways to improve your financial health

experian.com/blogs/ask-experian/ways-to-improve-your-financial-health/

How to stay financially healthy

www.us.hsbc.com/financial-wellness/how-to-stay-financially-healthy/

5 Money Management Basic Habits For Financial Success

navicoresolutions.org/resources/blog/5-money-management-basic-habits-for-financial-success?gad=1&gclid=EAlalQobChMI-4q1n5SFgAMVCyCtBh3XQgGhEAAAYAiAAEgJnWvD_BwE

SRJC FINANCIAL AID

ABOUT STUDENT FINANCIAL SERVICES

SRJC Student Financial Services includes the departments of Financial Aid, Scholarship, and Veterans Affairs. Together we work to assist students with financial aid applications, awarding aid to those who are eligible, verifying information submitted, finding resolution of missing or conflicting information, and preparing for the proper disbursement of financial aid as allowed by Federal, State, and local restrictions.

Plover Hall, Santa Rosa Campus

Monday - Friday 8am to 5pm
Closed from 12pm - 2pm on Fridays only.

Zoom Drop-in Hours

Monday - Thursday
10am - 11am (ID: 9423-457-2057)
2pm - 3pm (ID: 9575-717-9041)

Phone

707.527.4471 (Financial Aid)
707.527-4740 (Scholarships)
707.527.4326 (Veteran Affairs)

Email

[Financial Aid](mailto:scholarships@santarosa.edu)
scholarships@santarosa.edu (Scholarship)
srjcveterans@santarosa.edu (Veteran Affairs)

SRJC FINANCIAL AID

[VIDEO TIPS AND SOCIAL MEDIA](#)

[EXPLORE TYPES OF AID](#)

[2023-2024 ESTIMATED COST OF ATTENDANCE
\(COA\)](#)

[FINANCIAL AID IMPORTANT DATES](#)

[FINANCIAL AID FORMS & POLICIES](#)

[FINANCIAL AID GLOSSARY](#)

[FOR UNDOCUMENTED STUDENTS](#)

[VETERANS SUCCESS CENTER](#)

[CONVERSATIONS WITH](#)

[ONE-ON-ONE ASSISTANCE](#)

RESOURCES

SRJC



DEADLINE:
OCT 10, 2023



RESOURCES

*SRJC
WELCOME
CENTER*

**HELP WITH
INDIVIDUAL FAFSA
APPLICATION**





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



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)