

Wellness Newsletter

Provided by SRJC Health PEERS

03/08/2024

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

Please forward this to a friend, and they can

[SUBSCRIBE HERE](#)

SHS Services

Santa Rosa Junior College Student Health Services

SERVICES

Mental

- Individual/Couples Therapy
- Mental Health Screenings
- Virtual Psychiatric Appointments

Physical

- Reproductive Health
- Immunizations
- Illness/Injury Evaluations

SHS QR CODE



**ALL INCLUDED IN YOUR HEALTH
FEE PAID WITH TUITION!**

WHERE TO FIND US

**Santa Rosa: Bertolini Student
Center, 3rd Floor**

**Petaluma: 610 Richard W. Call
Building**

 **SRJC STUDENT
HEALTH SERVICES**

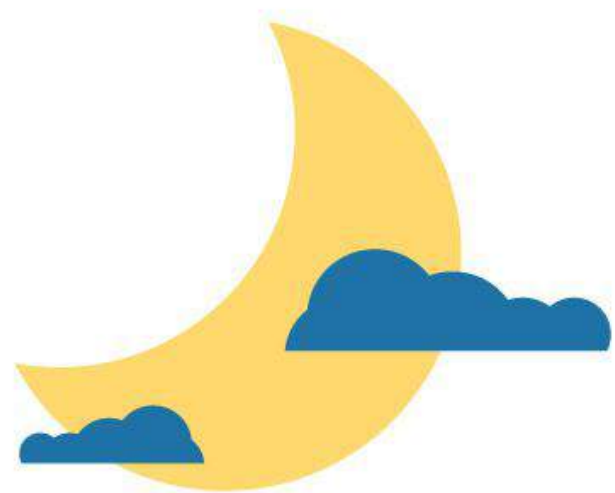
CONTACT:

Santa Rosa: [\(707\) 527-4445](tel:(707)527-4445)

Petaluma: [\(707\) 778-3919](tel:(707)778-3919)

studenthealthservices@santarosa.edu





AFTER HOURS

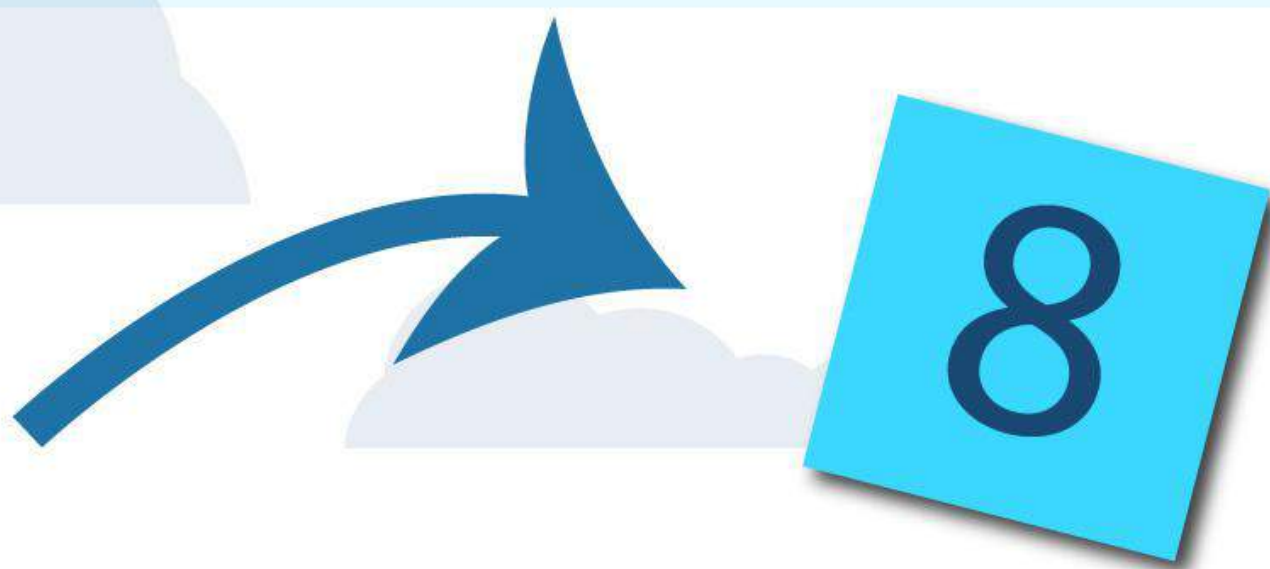
Mental Health Support



SRJC STUDENT
HEALTH SERVICES

Call (707) 527-4445
Press 8

to speak with a
mental health specialist



Call the mental health support line when
Student Health Services is closed.
Multiple languages available.

SHS.SANTAROSA.EDU

SHS STAFF

Profile for March

Genesis Callejas-Mir

College Nurse Practitioner



Genesis is an SRJC alumna, graduating from the ADN program in 2015. She worked for Santa Rosa Community Health, a federally qualified health center in Santa Rosa CA as a clinical care nurse in various roles for 16 years. She worked for the Department of Public Health providing Pop-Up COVID testing throughout Sonoma County in 2020. Genesis completed the Master of Science in Nursing with a Family Nurse Practitioner emphasis at Sonoma State University 2021. Her clinical preceptorship took place at Santa Rosa Community Health, West County Health and Providence. Genesis has worked with the underserved, underinsured and minority population throughout her medical assistant and nursing career. She provided nursing care to monolingual adults and their children. She provided health education through SRCH twice a week at the Race Building circa 2010. She enjoys and is passionate about reproductive health, and preventative health care.

SHS PEERS

Profile for March

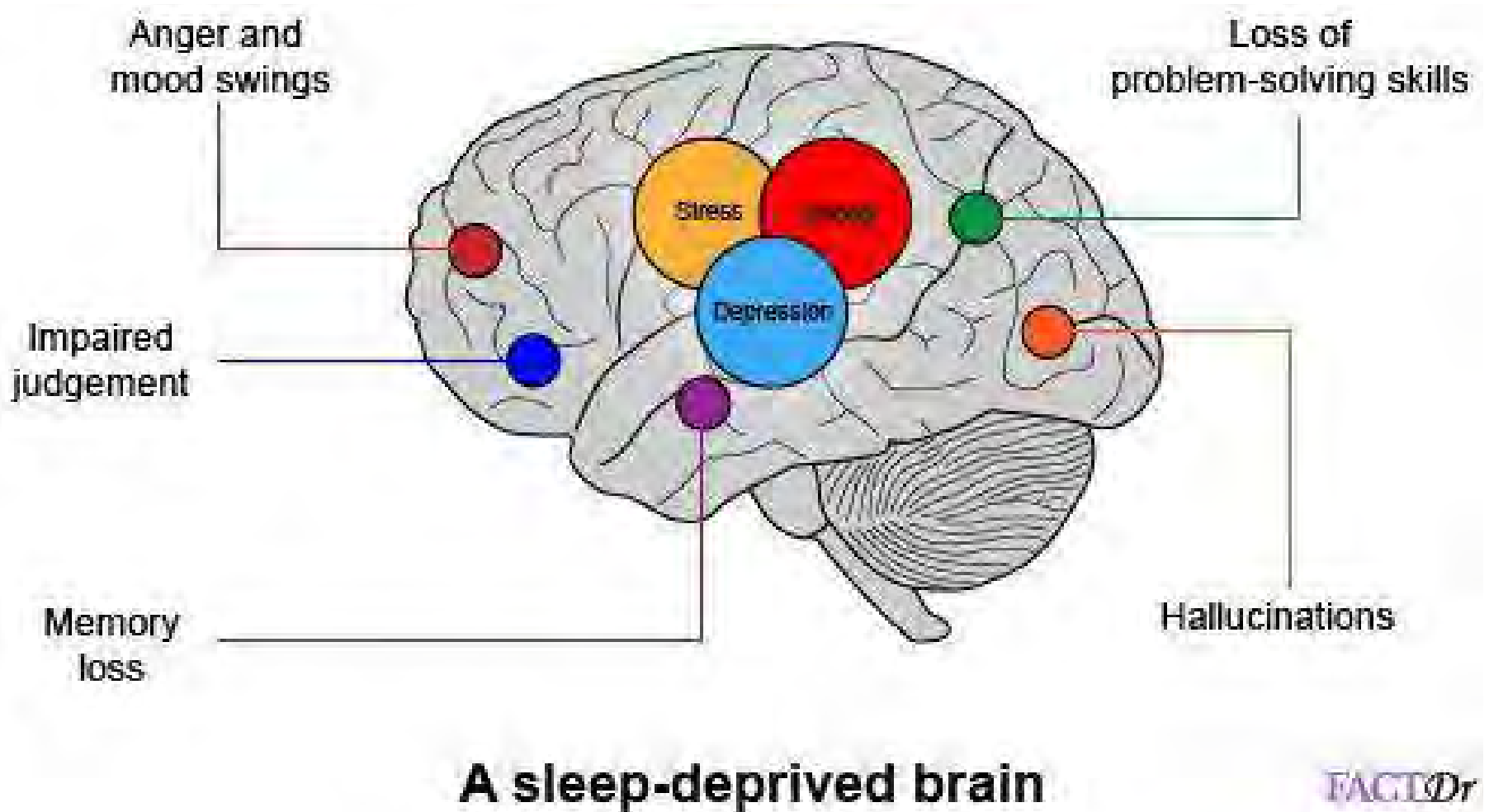


My name is Jay. My short-term goal is to get a bachelor's degree in Biological sciences. My long-term plan to pursue a Medical degree specializing in Oncology/Hematology at either UC San Diego or Stanford. My hobbies include staying active and traveling. I enjoy working with the PEERS as it has allowed me to explore all the behind-the-scenes that go on to ensure that students have success at the SRJC. While simultaneously providing a flexible schedule where I can practice skills such as public speaking, leadership, networking, and health care discussion in both physical and mental aspects!

Awe...Sleep

Did you know ...?

A Sleep deprived brain results in poor academic performance



- Lack of sleep effects memory, creativity, and problem-solving skills
- Memory circuits that are trying to make connections are impaired
- During sleep, your immune and stress response systems 'reset'

Sleep

TECHNIQUES



- **Establish a night time routine and stick to it**
- **Limit alcohol and caffeine**
- **Set a comfortable room temperature**
- **Practice mindful techniques**
- **Ensure room is dark and quiet**
- **Turn off electronics**

Next week is National Sleep Awareness week.

For more: www.thensf.org/sleep-awareness-week/

Campus Event

SRJC ASSOCIATE DEGREE NURSING PROGRAM

EPSILON PHI HONOR SOCIETY

Santa Rosa Junior College Associate Degree Nursing Program Epsilon Phi Honor Society students present evidence based practice information on:

- **Coping with Anxiety**
- **Reproductive Health Screenings**
- **Narcan Training**

Date: Thursday, March 14th, 2024

Time: 2:30-4:00 PM

Student Activities Center
Bertolini Student Center



COPING WITH ANXIETY

Learning health mechanisms for anxiety and resources that can help.



REPRODUCTIVE HEALTH

Learn methods for preventing STD/STIs. Learn how to perform self breast/vulvar/testicular examinations.



NARCAN TRAINING

With overdose deaths from fentanyl on the rise, we must arm ourselves to combat this epidemic. Come learn how to administer Narcan to reverse an opiate overdose and where you can get this medicine for free.

Bertolini Student Center, 1501 Mendocino Ave Room 4657, Santa Rosa, CA 95401



PHI THETA KAPPA
HONOR SOCIETY

Campus Event



Queer
RESOURCE
CENTER

Queer Resource Center

TRANSGENDER DAY OF VISIBILITY

In front of the Intercultural
Center | March 27th
11AM-2PM

Celebrate Trans Day of Visibility with food,
music, local businesses, and organizations

**Key Note Speaker: Our new QRC
Coordinator *Jennifer Espinoza!***

*For any comments or questions please email
qrc@santarosa.edu*



Healing Circle


Apr 3rd WED | 10 am - 12 pm

Bertolini 4608, Girvin Student Activities Center (SAC)



The Circle facilitator **Brijida “Brijit” Alemán** is Native American from the Hopland Band of Pomo Indians, Mexican American, and the daughter of migrant farm laborers.

Brijit has been at SRJC since 2009, working in College Skills, Financial Aid, Disability Resources, and now as a bilingual mental health clinician in our Student Psychological Services serving marginalized populations such as Spanish-speaking, Latinx, Native American, undocumented, and formerly incarcerated students.



Campus Events



SANTA ROSA
JUNIOR COLLEGE

Women's History Month • March 2024



Santa Rosa Campus

ORLANDO, ADAPTED TO THE STAGE BY SARAH RUHL

March 1-10

SRJC Theater Arts, Frank Chong Studio Theater

Skillfully crafted by U.S. playwright Sarah Ruhl, *Orlando* is a delightful, lyrical, and highly theatrical adaptation of Virginia Woolf's 1928 novel. Blessed with shapely legs and a romantic soul, Orlando is a young British nobleman and aspiring poet who catches the eye of the aging Queen Elizabeth I. For a time, life at court is interesting enough, but Orlando soon yearns for something more. In an epic journey that spans five centuries, their adventures become a dazzling tale where gender and gender preferences shift regularly, usually with hilarious results. Based on the book once described as the "most charming love letter in literature," this feminist fantasy is a timely exploration of love, art, gender, and identity. Directed by Laura Downing-Lee. For details and tickets, please see: <https://theatrearts.santarosa.edu/2023-2024-season-Orlando>

WOMEN'S VOICES IN (INDIE) ARABIC MUSIC & CULTURE

Thursday, March 7, 3:00 - 4:30 p.m. (PST)

Bertolini 4608, Girvin Student Activities Center (SAC)

Stanford Lecturer and radio host Dr. Ramzi Salti will highlight the wide array of musical productions by female singers who have emerged from the Arab world since the advent of the Arab Spring. By utilizing a wide variety of audio-visual tools, this presentation will showcase several groundbreaking female vocalists - from Yasmine Hamdan (Lebanon) to Emel Mathlouthi (Tunisia) and Dina El Wedidi (Egypt) - whose oeuvre has managed to redefine modern Arabic music while simultaneously paying homage to such legendary singers as Fairuz and Umm Kulthum.

FILM SCREENING OF *ALLA/OVER THERE* AND Q&A WITH MONSERRAT LARQUÉ

Tuesday, March 12, film screening from 12:00 - 2:00 p.m. (PST), Emenitus, Newman Auditorium

Reception following the film, 2:30 - 3:30 p.m. (PST), Doyle Library: 4th floor Reading Room

Please RSVP for the reception [HERE](#)

Monserrat Larqué passionately tells the untold stories of silenced Latinas in her film *Alla/Over There*, focusing on immigration, abandonment, and male depopulation in a Mexican town. With a background in Communication and a Master's in Feature Film Screenwriting, Larqué focuses on women's unity, collective organizing, and women's liberation and has directed for prestigious channels and received international awards. The film, recognized in seven International Film Festivals, intricately explores Oscar's return to Mexico, his unique position among women, and the emotional connections formed through letter writing. Come join us for the film screening of *Alla/Over There* to experience this compelling narrative and engage in discussions about the issues it addresses.

For the most updated calendar and the Zoom links, visit our website:

events.santarosa.edu/womens-history-month-2024 or visit our Facebook Page @SRJCWomensHistoryMonth. All events will take place at Pacific Standard Time (PST). Contact ssanlivasquez@santarosa.edu or pozbirinci@santarosa.edu for more info. All events are FREE and open to the public, except for Orlando, which requires tickets (see below). All events are flex-approved (FF10: Women's History Month). To request ASL interpreting services to access these events, please contact the Interpreting Services Office at least one week prior to the event to make arrangements: InterpretingServices@santarosa.edu or send a text to (707) 230-3895. All events are sponsored by the SRJC Women's History Month Committee.

ART AS RESISTANCE

Wednesday, March 13, 1:00 - 2:30 p.m. (PST)

Santa Rosa Intercultural Center, Pioneer 380

Together, communities and artists have asked, how can art be a tool for social change? Art, and more specifically, public art has been vital in resistance movements throughout the world, sharing messages of struggle and triumph with a broader audience. Here in Sonoma County many women of color are creating public and accessible art that is challenging hegemonic narratives of this region and its peoples. In this panel, local artists will share with us the ways in which they use art to illustrate narratives of resistance, joy, culture, and community, situated within the context of social justice and social change.

ART AS RESISTANCE:

CELEBRATE WOMEN ARTISTS @ SRJC LIBRARIES

March 2024, SRJC Doyle Library 2nd Floor Lobby

Come to the SRJC Libraries to learn more about women artists who focus on Art as Resistance using books on display from our collections. For more information, please see: <https://libraries.santarosa.edu>

TELLING HER (CALIFORNIA) STORY: NEITH BOYCE LIFE & LEGACY

Thursday, March 14, 11:00 a.m. - 12:30 p.m. (PST) & 3:00 - 4:30 p.m. (EST)

Zoom Link: <https://santarosa-edu.zoom.us/j/84163498726>

In this lecture, retired senior lecturer in English at Brown University, Carol DeBoer-Langworthy will talk about the life and legacy of the American novelist, journalist, and theatre artist, Neith Boyce. In the years 1880-1890, California had a formative and profound effect on the American woman writer Neith Boyce (1872-1951). The future playwright and novelist rode horses—whichever one she chose—, read adult books in her parents' library, and did not go to school: ingredients she transformed into fiction published in "little magazines" as a teenager and in later novels. This presentation discusses these key years for a writer who had profound effects on American and world theatre.

SRJC MAKING HERSTORY: A CONVERSATION WITH DR. ANGÉLICA GARCIA, SRJC'S FIRST FEMALE PRESIDENT

Monday, March 25, 3:00 - 4:30 p.m. (PST)

Chong Studio Theatre, Burbank Auditorium

Please join us to celebrate Dr. Angélica García making herstory as SRJC's first female president and superintendent. Dr. García will be conversing with Press Democrat staff writer and SRJC alumna Jennifer Sawhney about her intersectional identities and how they impact her leadership at SRJC.

TELLING HER STORY - WHM POSTER WALK

Thursday, March 28, 12:00 - 1:00 p.m. (PST)

Bertolini 4608, Girvin Student Activities Center (SAC)

Collaboratively, SRJC Learning Communities, including PUENTE, APASS, and UMOJA, have come together to shine a light on the influential women who have left a lasting impact on our world. We invite you to join us in celebrating these remarkable women through the captivating posters crafted by our students.

Petaluma Campus

CELEBRATING LATINAS AT SRJC - HER STORY

Tuesday, March 5, 12:00 - 1:00 p.m. (PST)

Student Engagement & Success Center, Mike Smith Hall Building 500

In this event, we will discuss the women who influenced us to be where we are today.

SONOMA COUNTY'S "PETALUMA FANCY WOMEN BIKE RIDE" EMPOWERING WOMEN, PROMOTING SUSTAINABLE LIFESTYLES, AND BUILDING A DIVERSE COMMUNITY

Tuesday, March 26, 12:30 - 2:00 p.m. (PST)

Petaluma Campus Welcome & Connect Center (WCC), Rooms 102 & 103 and

Zoom: <https://santarosa-edu.zoom.us/j/3587336508?omn=82421578231>

Join us for an interactive session about women's activism, environmental activism, and the joyful freedom bikes bring to us! Dr. Aylin Atilgan Relyea will talk about Sonoma County's own incarnation of the global Fancy Women Bike Ride (FWBR), a worldwide grassroots women-led bike movement that started in Izmir, Türkiye in 2013. Atilgan Relyea, the first organizer of this event in California, will discuss how Fancy Women Bike Ride came into being with its own sustainability goals, how a new bike community was created to support social and environmental causes, and how the women-led empowering event had a joyful impact on people of all ages and genders in Sonoma. Eris Weaver, Sonoma County Bike Coalition Executive Director and Dr. Alexa Forester, Bikeable Sonoma Founder will talk about our shared vision for the bike community in Sonoma, women's role in society, and environmental awareness. Original founders of FWBR, Sema Gur and Pinar Pinzuti, will join the talk from Türkiye and Italy.



Campus Resources

Food Distribution

THE Spring 2024 PANTRY

Tuesday: 10AM - 4 PM

Wednesday: 10 AM - 6 PM

Thursday: 10 AM - 4 PM



Location: Santa Rosa Campus, Bailey Field Pantry Kiosk between the Luther Burbank Auditorium & the Tauzer Gym.

No pre-registration is required. You are encouraged to bring your own reusable thermal bags for cold or frozen items and/or reusable bags.

When you arrive: *Scan the QR code posted around the pantry area.*



Email lhunnemeder-bergfelt@santarosa.edu
Call 707-522-2638 for additional information.

CAMPUS RESOURCES



ALL STUDENTS ARE WELCOME TO JOIN **ALL RECOVERY MEETINGS**

TUESDAYS: 2PM

Bertolini Student Services Building, 1st floor, Room 4643
Senate Chambers

WEDNESDAYS: 5PM

Bertolini Student Services Building, 2nd floor, Room 4743



LET'S TALK RECOVERY:
RECOVERY FOR ALL
UNDER THE SAME TREE



FOR MORE INFORMATION
CONTACT: TOVA ESBIT
tesbit@santarosa.edu





WELCOME TO



**SRJC STUDENT
HEALTH SERVICES**

Hours:

Santa Rosa Campus

In-Person & Zoom

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

Friday: 9:00 AM - 3:00 PM

Petaluma Campus

In-Person

Mon 9:00 AM - 12:00 PM

Wed 9:00 AM - 4:00 PM

Zoom throughout the week



FOR MORE INFORMATION PLEASE
CALL OR VISIT OUR WEBSITE:

707.527.4445

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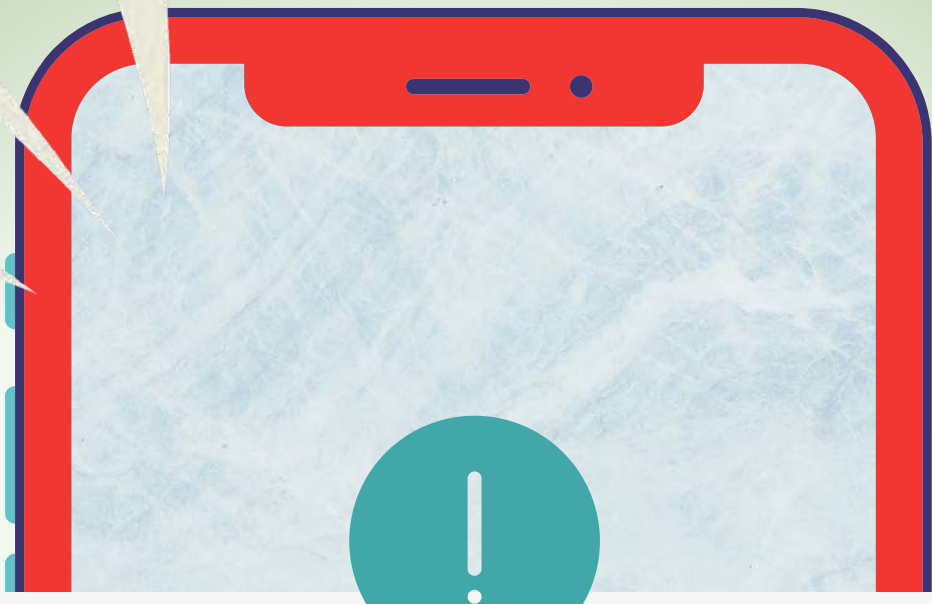


WEBSITE: shs.santarosa.edu

TEL: (707) 527-4445

EMAIL: studenthealthservices@santarosa.edu

Previous Wellness Newsletters



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