**MENTAL HEALTH COUNSELING**

**WEEKLY**

**Monday:** *Active Minds Chapter Meeting* 2:00–3:00 PM in Student Health Ctr. A-180
Active Minds at SDCC is a team of students who serve as advocates, stigma fighters, and educators for mental health! For students. *No membership fee. (Starting Feb.5th 2024)*

*Visit Active Minds & First Gen at Club Rush on 2/5 11:00 AM–1:00 PM in Schwartz Square*

**BIWEEKLY/MONTHLY**

2/7: **Parent Wednesdays** 1:00–2:00 PM, in Student Health Center A-180
A monthly space for student-parents to build community and gain tips for mindful parenting. *(Support Circle)*
*Workshop open to all student–parents.*

2/7: **Puente Platicas: Wants Vs Needs** 2:30–3:30PM, in the Student Health Center A-180
Join Lissa, APCC, for a series of Platicas focused on diverse topics. Come to convivir (connect) with your classmates and learn new tools. Dedicated space for Puente students.

2/7: **First Gen Club Meeting** 4:00–5:00 PM, in First Gen Hub L-207
First Generation at SDCC is a student lead club that supports students as they navigate the First-Gen experience. *No membership fee. Join us!*

2/13: **Colorful Conversations:** 12:00–1:00PM, Gorton Quad, in front of the cafeteria
Build connections while making art at this monthly workshop! Hosted by SDCC Mental Health Counseling Center.

2/14: **Valentine’s LGBTQIA + Chat:** 11:30AM–12:30PM, in the Pride Hub L-206
Join Our Community at City College. Discuss topics relevant to LGBTQIA in a safe and supportive space. To uplift and cultivate community!

2/15: **Mental Health Tabling at Dreamer Resource Center Open House:** 11:00AM–1:00PM, in AH200 the cube
Join us as we celebrate the opening of the Dreamer resource center and share Mental Health resources!

Join Lissa, APCC, for a series of Platicas focused on diverse topics. Come to convivir (connect) with your classmates and learn new tools. Dedicated space for Puente students.

2/21: **First Gen Club Meeting** 4:00–5:00PM, in First Gen Hub L-207
First Generation at SDCC is a student lead club that supports students as they navigate the First-Gen experience. *No membership fee.

2/22: **Black Student Support Group: Black Love** 1:00–2:00PM, in A-335
Join us for an interactive exploration of black love in regards to self, friends, partner, family and community.

2/22: **Mindfulness Magic:** 1:00–2:00PM, in Curran Plaza
Learn and practice the calming effects of mindfulness meditation.

**SINGLE EVENTS**

2/15: **Suicide Prevention Training** 12:00–1:00 PM in MS-162 – FLEX #21300 English
Suicide Prevention Training 1:00 – 2:00 PM in MS-162 – FLEX #21301 Spanish
Trainings will be presented by guest Amy Chavez, Program Manager at SDYS HERE Now and Anti-BIAS Programs, and include suicide warning signs, practical application, self-care, and accessing supports on/off campus. Flex available.

2/27: **Welcome Back Mixer: Food, Friends, & Fun!** 11:30AM–2:00PM in BT312
A dedicated space for our learning communities UMOJA, PUENTE, HUBU & ICAN to celebrate the beginning of Spring 2024!

For more information or accommodations visit us in A-180. email us at citymhcc@sdccd and/or review our website sdcity.edu/mentalhealthcounseling