Sexual Assault Awareness Month

Sexual Assault Awareness Month is an opportunity to listen to and honor survivors in our community. It is a time to show those who have been impacted by sexual violence that they are not alone. It is also an opportunity to learn more about what sexual violence in the digital age looks like.

COMMUNITY RESOURCES

- Your Safe Place - Family Justice Center: 619-533-6000
- Center for Community Solutions (CCS) Rape Crisis Hotline: 888-385-4657
- Women's Resource Center (WRC): 760-757-3500
- Rape Abuse Incest National Network (RAINN): 800-656-HOPE (4673)
- Department of Defense Sexual Assault Prevention & Response (SAPR) Helpline: 877-995-5247
- Indian Health Council: 760-749-1410 x5357 or x5326
- La Jolla Band of Luiseno Indians Avellaka Program: 760-742-8628
- Southern Indian Health Council, Inc: 619-445-1188
- Strong Hearted Native Women's Coalition: 760-644-4781
- District Attorney Victim Assistance Program: 619-531-4041
- Child Protective Services: 858-560-2191

Spring hours!

MENTAL HEALTH COUNSELING
MONDAY-THURSDAY: 8:30AM-4:30PM
TUESDAY AND THURSDAY: 5:00PM-7:00PM
TELE-THERAPY ONLY
FRIDAY: 8:30AM TO 12:30PM
TELE-THERAPY ONLY
STUDENT HEALTH CLINIC
MONDAY-THURSDAY: 8:30 AM-4:30PM
The Student Health Center, in collaboration with the Office of the Vice President of Student Services, Basic Needs and Equity are very excited to announce that San Diego City College has officially partnered with TimelyCare! This is a virtual health, mental health and well-being (basic needs) partner available 24/7 for our SD City College students! THIS IS COMPLETELY FREE FOR STUDENTS. Scheduled virtual health care is available! And so much more! While the Student Health Center is still the FIRST STOP for all of our students physical and mental health care needs, this partnership will offer support and resources to our students 24/7; evenings, weekends and even while we are on breaks between semesters! What is TimelyCare? How can it be used to support the health and wellness of our students? Please read below and share the FAQ’s with your classes!
April 2024 Events

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.

Join us at Club rush 4/9/24 to celebrate Earth Day.

**BI-WEEKLY/MONTHLY**

4/3: **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.

4/3: **Puente Platicas: Astrology & Self-Care** 2:30–3:30 PM, in A335
Join Lissa, APCC, for a series of Platicas focused on diverse topics. Come to convivir (connect) with your classmates and learn new tools. *Workshop facilitated for Puente students.

4/3: **First Gen Club Meeting** 3:00 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 today club is open to all students!

4/9: **Colorful Conversations** 12:00–1:00PM, Gordon Quad, in front of the cafeteria
Build connections while making art at this monthly workshop! Hosted by SDCC Mental Health Counseling Center.

4/10: **LGBTQIA + Spring Meeting** 11:30–12:30 PM, 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.

4/17: **Puente Platicas: Medicine Wheel** 10:00–11:00AM, in A335
Join Lissa, APCC, for a series of Platicas focused on diverse topics. Come to convivir (connect) with your classmates and learn new tools. *Workshop facilitated for Puente students.

4/17: **First Gen Club Meeting** 4:00 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 today club is open to all students!

SINGLE EVENTS

4/24: **Phases of your Cycle** 1:00–2:00 PM, in A-101
Come learn about the different phases of the menstrual cycle and how it is connected to the seasons. Begin to transform your life by following the natural rhythm of your body and nature. Open to everyone... students, staff, faculty, and those with or without a womb!

4/30: **Distress & Chill** 11:00–2:00 PM, in Curran Plaza
Come hang out and prepare for the end of the semester. Build your own distress kit to get you through finals. This event is dedicated for students who are in learning communities such as HUBU, UMOJA, ICAN and PUENTE.

4/30: **Sexual Assault Awareness and Prevention Workshop** 3:00–4:00 PM, in A-101
April is Sexual Assault Awareness and Prevention Month. Join us to connect, learn about resources, and spread awareness.
Active Minds Chapter
Active Minds at City College is a team of students who serve as advocates, stigma fighters, and educators for mental health! All enrolled students are welcome to join. There is no membership fee! *Part of the nation’s leading nonprofit supporting mental health awareness and education for college students.

Spring Meetings: Mondays 2-3PM in A-180
Join us! For questions contact: Nadia, Active Minds Faculty Advisor, at nsayeh@sdccd.edu

Peer Educators
As part of our suicide prevention efforts, we recruit student Peer Educators to serve as a link between the student body and Mental Health Counseling. Peer Educators will conduct presentations and host numerous de-stress events throughout the year in effort to reduce stigma with diagnoses and increase help seeking behaviors. All enrolled students are welcome to apply!
For questions, contact: Abby, Peer Educator Coordinator, at aweisman@sdccd.edu

First Gen
Join this group that focuses on the experience of first generation college students! The goal of First Gen is to create a supportive space for students to connect regularly and increase awareness of the needs of First Gen Students. This group plans/creates workshops and events that increase access to resources. Currently recruiting for all general officer positions and general membership! Enrollment is free!

Spring Meetings: 1 & 3 wed each month 3-4PM in L-206
To join or for questions contact: Diana, First Gen Faculty Advisor, at dhernandez001@sdccd.edu