Weekly

Monday: **Active Minds Chapter Meeting** 12:00-1:00 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.

*Visit Active Minds & First Gen at Club Rush on 10/31 10:00 AM–2:00 PM in Gorton Plaza

MONTHLY

10/04: **Black Student Support Group** 12:30-1:30 PM A-101
A student-centered group for black students that will focus on connection, community building, and wellness.

10/04: **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) Future dates: 11/1, 12/6

10/11: **Self-Compassion Workshop** 11:30 AM-12:30 PM in Student Health Center A-180
A monthly space for meaningful conversation about self-care and self-kindness. For students. Future dates: 11/8, 12/13

10/11 & 10/25 **LGBTQIA Support Group** 1:00 - 2:00 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.

10/11 & 10/25: **First Gen Club Meeting** 4:00-5:00 PM in First Gen Hub L-207
First Gen at SDCC is a student organization that supports first-generation College students. For students. *No membership fee.

SINGLE EVENTS

10/04: **Como Dice El Dicho** 12:00 - 1:00 PM in Pride Hub L-206
In honor of Chicanx/Latinx Heritage Month, come learn about how we use affirmations in our culture and create your own dicho to get you through this semester.

10/18: **Domestic Violence Awareness** 12:00-1:30 PM in Curran Plaza
Hear from representatives at the Student Health Clinic, Mental Health Counseling, Welcome Home City, The Center For Community Solutions, Jewish Family Services, and UCSD at SARC.

10/25: **Undocu-Knights Healing Circle** 12:00 - 1:00 PM in Student Health Center A-180
It is intended to provide a safe and brave space for our undocumented students to openly and collectively explore relevant mental health topics, learn coping skills, and build community.

For more information visit us in A-180 and/or review our website sdcity.edu/mentalhealthcounseling