Monday: **Active Minds Chapter Meeting**
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.
11:00 AM-12:00 PM in Student Health Center A-180

Wednesday: **First Gen Club Meeting**
First Gen at SDCC is a student organization that supports first-generation college students. For students. *No membership fee.
1:00-2:00 PM in First Gen Hub L-207

*Visit Active Minds & First Gen at Club Rush on 9/18 10:00 AM-2:00 PM in MS Quad

**MONTHLY**

9/13: **Self-Compassion Workshop**
A monthly space for meaningful conversation about self-care and self-kindness. For students. Future dates: 10/11, 11/8, 12/13
11:30 AM-12:30 PM in Student Health Center A-180

9/15: **Creative Expression Workshop**
A safe and brave space for CARE/NextUp/EOPS students to engage in self-care through painting. Future dates: 10/20, 11/17
11:00 AM-1:00 PM in A-101

9/20: **Parent Wednesdays (Support Circle)**
A monthly space for CalWORKs students to build community and gain tips for mindful parenting. Future dates: 10/4, 11/1, 12/6
1:00-2:00 PM in Student Health Center A-180

**SINGLE EVENTS**

9/11: **Social Event: Mental Health Tips for College**
Learn about FREE SHC mental health services and gain strategies to thrive in college. For students.
11:00 AM-1:00 PM in Schwartz Square

9/18: **Suicide Prevention Fair**
Learn about suicide prevention from on and off campus resources. Food and prizes available. For students, faculty/staff.
11:00 AM-1:00 PM in Curran Plaza

9/20: **VAR Training**
Learn how to validate, appreciate, and refer others to support. For students, faculty/staff.
12:00-1:00 PM Meeting ID: 864 8497 9559 Passcode: 182910

sdcity.edu/mentalhealthcounseling