**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 Paticas: Astrology & Self-Care** 2:30–3:30 PM, in A335  
Join Lissa, APCC, for a series of Paticas 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 Paticas: Medicine Wheel** 10:00–11:00AM, in A335  
Join Lissa, APCC, for a series of Paticas 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.