



MONDAY MEDITATION



ART & NATURE
THERAPY GROUP



THE MEETING PLACE:
NEURODIVERSE SPACE



IN THIS TOGETHER:
COMMUNITY TALKS

SPRING 2026 STUDENT HEALTH SERVICES

Support Groups,
Workshops &
Events



MEN'S THERAPY
GROUP



DIFFICULT EMOTIONS



Scan or Click



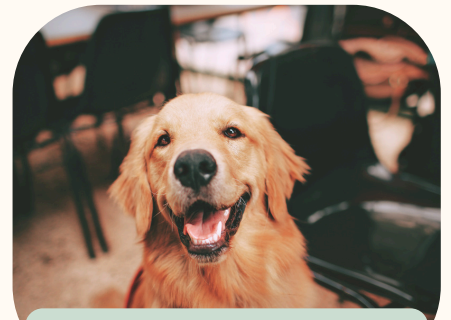
CENTER FOR WELL-
BEING ACTIVITIES



CONNECTIONS IRL



MENTAL HEALTH
MORNING WALKS



PAWS & UNWIND

Call 310-660-3643 for
more info!



STUDENT HEALTH SERVICES

CENTER FOR WELL~BEING



Tuesday

February 17th: Paws & Unwind
@ 11am- 1pm

February 24th: Vision Boards
@11am- 2pm

March 3rd: Coloring Workshop
@11am- 2pm

March 17th: Paws & Unwind
@ 11am- 1pm

March 24th: Puzzle Workshop
@11am- 2pm

April 7th: Paws & Unwind
@ 11am- 1pm

April 7th: Midterm De-Stress Fest
@9am- 3pm



Wednesday

February 18th: Iced Coffee Pop-Up
@10am- 11am

February 25th: Slime Time
@11am- 2pm

March 4th: Rock Painting
@11am- 2pm

March 18th: Bracelet Making
@11am- 2pm

March 25th: Crochet Workshop
@11am- 2pm

April 1st: Journal Decorating
@11am- 2pm

April 8th: Midterm De-Stress Fest
@9am- 3pm



Scan/click QR Code or call 310-660-3643 for more info!

SPRING 2026 TRAINING CLASSES



MENTAL HEALTH FIRST AID

Provides training for initial help given to an adult with symptoms of mental health illness or crisis.

In-Person 2-Day Training Sessions:

Thurs & Fri: March 5th & 6th

Thurs & Fri: May 14th & 15th

**MUST REGISTER
TO ATTEND!**

Virtual 1-Day Training Sessions:

Friday: April 3rd

Friday: June 5th

NARCAN TRAINING

NO REGISTRATION
REQUIRED.

Learn about Narcan, how to use it and get trained and leave with 2 doses of Narcan.

In-Person Classes @ Health Center:

Dates: March 4th, April 8th, May 6th & June 3rd

Time: 12pm -1pm



STOP THE BLEED

NO REGISTRATION
REQUIRED.

The #1 cause of preventable death after injury is bleeding. You will be trained to help save a life.

In-Person Classes @ Health Center:

Dates: March 11th, April 22nd, May 13th & June 10th

Time: 11am -12pm



**SCAN OR CLICK QR CODE FOR
MORE INFO!**



Saving Lives, Supporting Minds: A Suicide Prevention & Well-Being Fair



Join a campus-wide event focused on mental health awareness, suicide prevention, and overall well-being. Connect with resources, learn how to support yourself and others, and help build a caring campus community.

Wednesday April 1st

🕒 10:00 AM – 1:00 PM

📍 Student Services Plaza

Open to all students!

Music | Activities | Free food!*

*while supplies last!



**STUDENT
HEALTH
SERVICES**

EL CAMINO COLLEGE

For more information or for accessibility-related questions, please contact SHS at 310-660-3643.