

MAY EVENTS

STUDENT HEALTH CENTER

WEEKLY

M: Self-Care Activities 9:00 AM-5:00 PM at Schwartz Square

T: Mindfulness Meditation 10:30-11:30 AM at Schwartz Square

W: Ask A Nurse 2:00-2:30 PM

Zoom ID: 948-3443-4841 Passcode: 878481

TH: Ask A Nurse 10:00-10:30 AM

Zoom ID: 948-3443-4841 Passcode: 878481

TH: HEARTCHATS 2:00-3:00 PM

Zoom ID: 968-2193-9236

MONTHLY

5/10 Parenting Support 8:30-9:30 AM at ECEC

5/11: Parenting Support 1:30-2:30 PM at ECEC

5/18: Together We Are Stronger! (English/Spanish) 1:00-2:00 PM

Zoom ID: 991-7757-8597 Passcode: 087561

5/27 First-Generation Support Recorded

Available on YouTube: MHCC San Diego City College

SINGLE EVENTS

5/3: Yoga & Self-care Collage 10:00- 12:00 PM at curran plaza

5/9 Paint and Vive 11:30 -1:30 PM at A200 Patio