

The Mindful City March Newsletter

WOMEN'S HISTORY MONTH

Throughout history, women have been essential in shaping the world, breaking barriers, and driving change. Women's History Month celebrates their achievements and contributions across all fields. Let's take a moment to honor some of the remarkable women who have made an impact on history.



Audre Lorde

Black feminist, poet, and activist known for her powerful writings on race, gender, and sexuality. Her work continues to inspire social justice movements worldwide.

"For the master's tools will never dismantle the master's house. They may allow us to temporarily beat him at his own game, but they will never enable us to bring about genuine change."

Sonia Sotomayor

First Latina Supreme Court Justice in U.S. history, appointed in 2009 by President Barack Obama. Known for her advocacy for criminal justice reform and affirmative action, she is recognized for her dedication to fairness and the protection of civil rights.



Marsha P. Johnson

Black transgender activist and drag performer who played a key role in the LGBTQ+ rights movement, including the Stonewall uprising of 1969. She co-founded the Gay Liberation Front and the organization STAR, which provided support for homeless transgender youth.

Yolanda Lopez

Chicana artist and activist known for her groundbreaking work that challenged cultural stereotypes and celebrated the strength of Latina women. Her most famous piece, Portrait of the Artist as the Virgin of Guadalupe, reimagined the iconic religious figure as a symbol of empowerment and resilience.



Women's Health Resources on Campus

Students who are currently enrolled and attending classes in the San Diego Community College District are eligible to receive services from the Student Health Clinic. Many basic primary care services are available on-campus in our convenient and cost-effective clinic including:

- Counseling and referrals for all types of birth control methods
- FREE condoms
- TI/STD screenings
- Urine Pregnancy Screenings
- Emergency Contraception "Plan B"
 - Emergency contraception pills should be taken as soon as possible within 5 days of unprotected sexual intercourse....the sooner the better.



LGBTQIA

At the Pride Hub, we provide a wide range of resources and services to support the LGBTQ+ community. Whether you're looking for support, information, or a place to connect with others who share similar experiences, we are here for you.

click here!

Other Contraception Resources

Family Pact: Comprehensive family planning services for low income men and women.

Planned Parenthood: 619-881-4589

Family Health Centers of San Diego: 619-515-2300

Women's Collection on Headspace

- Body & Health
- Sex and Relationships
- Strength & Solidarity

[Click here to learn more!](#)



Student Health Center Spring 2025 Hours

Mental Health Counseling

Monday-Thursday: 8:30am-5:00pm

Wednesday-Thursday: 5:00pm-7:00pm, via telehealth only.

Friday: 9am - 1pm. By appointment only via telehealth.

Student Health Clinic

Monday-Thursday: 8:30am-5:00pm

Friday- By appointment only.

An advertisement for the TimelyCare app. The top part features the TimelyCare logo and the headline "Commit to You With Self-Care Journeys". Below the headline is a list of topics: "Bouncing Back", "Stress", "Anxiety", "Healthy Relationships", and "And more". A QR code is located in the bottom left corner. To the right of the QR code is the text "Download the TimelyCare App to Get Started" and icons for the App Store and Google Play. Social media handles for @timelycare are also listed.

Join Timelycare Today!

As you navigate this semester consider utilizing TimelyCare for 24/7 virtual support for mental health and physical well-being. This application is completely free for City College students. To access it, simply scan the QR code below and sign up using your SDCCD email. Log in at any time to receive support as well as to engage with the self-care platform.



Mental Health Counseling Presents

March Events



Weekly

Mondays: Active Minds Chapter Meeting 12:00pm-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

Monthly

3/5: Veteran Voices: Transitioning to college 1:00pm-2:00pm, in M-101
join us for a series of workshop focused on supporting those who have served or are currently serving in the military.

3/5: Wellness Wednesday: Massages 2:30pm- 3:30pm in A-335
Join the embedded counselors of Umoja, Puente, and HUBU for a series of events focused on health and wellness. Come to learn new tools, care for your well-being and connect with others.
FREE snacks will be provided!

3/6: Multicultural Magic: Stereotypes and Misconceptions 11:00am-12:00pm in A-180
Do you identify with 2 or more cultures & want a space to explore that? Join our monthly workshop.

3/11: Blooming Minds 11am-12pm in the Main Farm between the LRC and Seville theater
Experience a unique blend of mental health and nature as we delve into personal and environmental growth.

3/12: Colorful Conversations 12:00pm-1:00pm in Gordon Quad in front of the cafeteria.
Build connections while making art at this monthly workshop! Hosted by SDCC Mental Health Counseling Interns!

3/13: LGBTQIA Support Group 3:00pm-4:00pm in L-206
Join Our Community at City College. Discuss topics relevant to LGBTQIA in a safe and supportive space to uplift and cultivate community.

3/20: Black Student Support Group: Black Love Part 2 2:30pm-3:30pm in D-121
Join us for an interactive exploration of black love and wellness. Refreshments will be served.

3/24: Barbershop Talks 12:30am to 1:30pm in T-154
Come through for snacks, haircuts, and conscious conversations around men's mental health.

3/26: Puente Platicas: Pleasure Mapping 2:30pm-3:30pm in A-335
Join Lissa, APCC, for a series of Platicas focused on diverse topics. Come to convivir (connect) with your classmates and learn new tools. FREE snacks will be provided!

Single Events

3/14: Veteran Ally Training 9:00am-1:30pm in MS-140
Veterans transitioning from military to college life often face unique challenges. Join us for the VET NET Ally Seminar, a half-day training designed for faculty and staff to raise awareness and build a welcoming campus culture for veterans. **Registration required please email us at citymhcc@sdccd.edu**

3/26: Social Justice Conference: Sound Bath Healing 2:20pm-3:45pm in MS-140
In collaboration with the Annual Social Justice Conference SDCC Mental Health Counseling Presents sound bath healing facilitated by Lisette Archer-Barber from illuminating cross roads.

RESOURCES



24/7 NATIONAL SUICIDE & CRISIS LIFELINE

Free/private/confidential
Call or text 9-8-8 for support from trained crisis counselors.



24/7 SAN DIEGO HOTLINE

Free/private/confidential
Call 2-1-1 to connect with community, health, and disaster services.



24/7 CRISIS TEXT LINE

Free/private/confidential
Text "COURAGE" to 741-741
 (for College Students)
Text "AYUDA" to 741-741
 OR
442-AYUDAME in WhatsApp
 (for Spanish-Speakers)
Text "STEVE" to 741-741
 (for BIPOC)

STUDENT HEALTH CENTER A-180

Website:
sdccity.edu/students/services/student-health-center
Canvas:
sdccd.instructure.com/courses/2384110

Student Health Clinic

P: 619-388-3450
 IG: @sdccitystudenthealth

Mental Health Counseling

P: 619-388-3055
 E: citymhcc@sdccd.edu
 IG: @sdccitymentalhealth



NAMI San Diego

Helpline

Free/private/confidential
Call 800-523-5933
 OR
619-542-1434

Support resource for people with mental health challenges and their families.



CA PEER-RUN-WARMLINE

Free/private/confidential
Call 855-845-7415

A non-emergency resource for mental and emotional support.

Schedule a Mental Health Appointment!



FREE DOWNLOAD & MEMBERSHIP (for a limited time)!

A research-backed, positive psychology app for college students to help build the friendships you want and need.



FREE HOW WE FEEL APP

A journal for your wellbeing.



JOIN TIMELYCARE

As you navigate this semester consider utilizing TimelyCare for 24/7 virtual support for mental health and physical well-being. This application is completely free for City College students. To access it, simply scan the QR code below and sign up using your SDCCD email. Log in at any time to receive support as well as to engage with the self-care platform.