



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 A-335
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.