

Wellness-Related Programs Spring 2020

February 12, 2020: CAPS Caregrams, Dryden Patio, 1-2:30pm

February 19, 2020: “Self Love” with Life Coach Sherry Ellingson, CWGE, 6:30pm

February 26, 2020: QPR suicide awareness/prevention training, Soda Center/ Orinda Room, 12-2pm

March 6, 2020: “Equitable Relationships” with Life Coach Sherry Ellingson, CWGE, 6:30pm

March 10, 2020: "One Love" film viewing/workshop Soda Center/Lafayette Room, 5:30pm

March 11, 2020: National Mood Screening Day, CAPS, Dante Quad, 1-2:30pm

April 1, 2020: “Safe Spring Break” program, Library Quad, 1-2:30pm

April 1, 2020: “Navigating Transitions” with Life Coach Sherry Ellingson, CWGE, 6:30pm

April 23, 2020: April Sexual Assault Awareness Event, “Take Back the Night,” Hagerty, 6pm

May 13, 2020: Stress Management Fair with Pet Therapy, Library Quad, 1-2:30pm

Spring 2020 CPR/AED/First Aid Trainings:

Blended online learning class. About 2 hours of online learning on own time. The dates below are the in person testing dates. You must attend a testing date after completing the online training (\$65/SMC Students - \$75/Faculty & Staff). Email campusrec@stmarys-ca.edu for more details. Testing dates: Feb 7th - 10am-12:30pm, Feb 13th - 3:00pm-5:30pm, Feb. 19th - 1:30pm-4pm, Feb. 28th - 10:30-1pm, March 5th - 4:00pm - 6:30pm, March 11th - 3:00pm - 5:30pm)

SMC Wellness Resources:

Campus Assault Response and Education Center (CARE): www.stmarys-ca.edu/sexual-assault-and-violence-prevention

Center for Women and Gender Equity (CWGE): www.stmarys-ca.edu/womens-resource-center

Counseling and Psychological Services: www.stmarys-ca.edu/counseling-and-psychological-services-caps

Health and Wellness Center: www.stmarys-ca.edu/health-wellness-center

Joseph L. Alioto Recreation Center: www.stmarys-ca.edu/joseph-l-alioto-recreation-center

Student Disability Services: www.stmarys-ca.edu/student-disability-services