MENTAL HEALTH & WELLNESS SERVICES
FALL 2024 PROGRAMMING

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PAWS FOR SUICIDE PREVENTION

VETERANS PLAZA
9/23 @ 12:00 PM

PET AWAY WORRY & STRESS WITH THERAPY DOGS FROM LOVE ON A LEASH

ANXIETY 101

BABYLON STUDENT CENTER

MILDRED GREEN ROOM: TUE 9/24 @ 12:30, WEDS 9/25 @ 9:30, OR MON 9/30 @ 12:30
MONTAUK POINT ROOM: THU 9/26 @ 11AM

A SINGLE SESSION WORKSHOP ON COPING WITH ANXIETY

MANAGING STRESS FOR ACADEMIC SUCCESS

KREILING HALL RM 203A
MON 10/7 @ 12:30PM
MON 11/18 @ 12:30PM

AN INTERACTIVE WORKSHOP ON STRESS MANAGEMENT & THE IMPACT ON ACADEMICS

WELLNESS FAIR

BABYLON STUDENT CENTER CAFETERIA
WEDS 10/16 @ 11AM

CONNECT WITH LOCAL RESOURCES SUPPORTING THE HEALTH AND WELLNESS OF SCCC STUDENTS



Ammerman Campus
Mental Health & Wellness Services