

STUDENT HEALTH SERVICES

# SPRING 2021

## WEEKLY RESOURCES & WORKSHOPS

### SPRING SEMESTER ONLINE AND PHONE HOURS

MONDAY-THURSDAY 8:00AM-6:00PM | FRIDAY 8:00AM-4:30PM

Due to COVID-19 and California health and safety orders, our Health Centers are closed to in-person visits, but we are ready to serve you online or by phone.

Call or visit our website for more information to schedule an appointment.  
Phone: (909) 274-4400 | [www.mtsac.edu/healthcenter](http://www.mtsac.edu/healthcenter)

### WEEKLY WORKSHOPS

#### Well-Being Q&A Hour

##### MONDAYS

10:30am-11:30am  
Meeting ID: 948 3807 2441  
Passcode: 812266

#### Mindfulness & Meditation

##### via Zoom

##### TUESDAYS

1:00pm-1:30pm  
Registration Required!

Register at: [www.bit.ly/mtsac-mindfulness](http://www.bit.ly/mtsac-mindfulness)

#### Vibe Check for ASPIRE

##### TUESDAYS

9:00am-10:00am  
Meeting ID: 942 7956 4509  
Passcode: 340738

#### Support Across the Spectrum - Pride Center Talking Circle

##### FRIDAYS

9:15am-10:15am  
Meeting ID: 929 0895 9491  
Passcode:: 517502

### WEEKLY RESOURCES

#### MEDI-CAL & COVERED CALIFORNIA

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##### WEDNESDAYS

11:30am-1:30pm  
by phone appointment only

Email: [enrollme@evchc.org](mailto:enrollme@evchc.org)  
Call/Text: (909) 235-0368 and ask for  
Lily Lopez



#### SUPPORT FOR SURVIVORS OF SEXUAL ASSAULT

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##### TUESDAYS

virtual office hours  
10:00am-1:00pm

Call and ask for Tyler Gutierrez:  
(909) 623-1619 ext. 107  
email:  
[tgutierrez@projectsister.onmicrosoft.com](mailto:tgutierrez@projectsister.onmicrosoft.com)



STUDENT HEALTH SERVICES  
**SPRING 2021**  
EDUCATION EVENT SCHEDULE

**MT. SAN ANTONIO COLLEGE - STUDENT HEALTH SERVICES**  
**PHONE: (909) 274-4400 | WWW.MTSAC.EDU/HEALTHCENTER**

**Life Balance Workshop**

Tuesday, March 2  
3:00pm-3:30pm  
Virtual

**Spring into Relaxation  
Workshop**

Friday, March 19  
1:00pm-2:00pm  
Virtual

**Time Control Workshop**

Friday, April 23  
1:00pm-2:00pm  
Virtual

**La Cultura Cura**  
**SPECIAL GUEST: Jerry Tello**

Thursday, April 29  
4:00pm-5:30pm  
Virtual

**Healthy Relationships**

Friday, May 14  
1:00pm-2:00pm  
Virtual

**Annual De-Stress Fest**

Wednesday, May 26  
10:00am-4:00pm  
Virtual

**Rest Your Mind –  
Mindfulness & Meditation**

Wednesday, June 2  
2:30pm-3:30pm  
Virtual

**REGISTRATION REQUIRED  
FOR ALL EVENTS!  
REGISTER AT:  
WWW.BIT.LY/HEALTHEVENTS**

**CALL FOR MORE INFORMATION  
STUDENT HEALTH SERVICES  
(909) 274-4400**



If you need disability-related accommodations, such as sign language interpreter, note taker, captioning, etc., please contact Student Health Services at (909) 274-4400 at least 5 days in advance of event, workshop, or meeting.