

Student Health and Wellness Center Events

The LPC Student Health and Wellness Center will be offering the following events during October 2021 and ongoing. For additional information, please visit the [LPC Student Health and Wellness Services](#) website or the Center on campus at:

Las Positas College Student Health and Wellness Center
Stanford Health Care ValleyCare
3000 Campus Hill Drive, Building 1700
Livermore, CA 94551
(925) 424-1830

Influenza Vaccinations:

Free flu shots are available for **free to faculty, staff and staff** starting 9/29/2021. Please review the [PDF](#) flyer for details and call (925) 424- 1830 to make an appointment.

Monday, Wednesday, and Thursday 9:00 am -5:00 pm

Tuesday 11:00 am - 7:00 pm

Friday 9:00 am - 1:00 pm



Behavioral Health Workshops Series:

Workshops will be held each month on various Behavioral Health Topics via Zoom. Please review the [PDF](#) flyer for details.

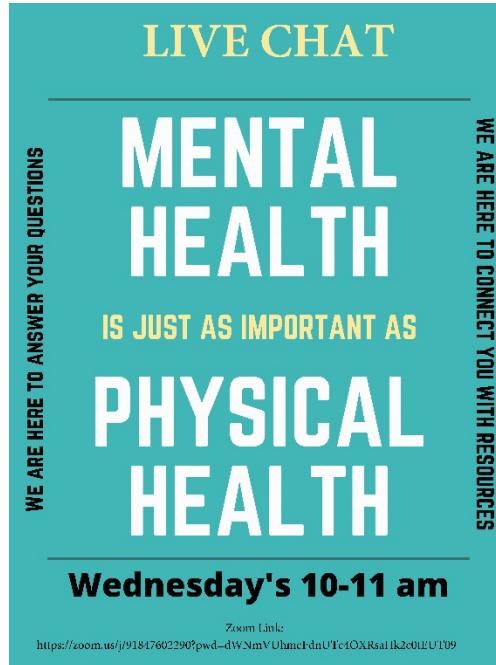
October 13, 2021 2-3:30 Topic: *Sleep: All of Your Questions Answered* with Dr. Irena Keller via [Zoom](#).

October 27, 2021, 2-3:30 Topic: *Domestic Violence/Intimate Partner Violence* with Tri Valley Haven via [Zoom](#).



LIVE CHAT:

The Health Center is available for a **live chat with students** for mental health or medical concerns every **Wednesday from 10-11 am via Zoom**. Please review the [PDF](#) flyer for details or contact the Student Health and Wellness Staff at (925) 424-1830 with any questions.



A teal-colored flyer for a live chat event. At the top, it says "LIVE CHAT" in yellow. Below that, "MENTAL HEALTH" is written in large white letters, followed by "IS JUST AS IMPORTANT AS" in yellow, and "PHYSICAL HEALTH" in large white letters. On the left and right sides, vertical text reads "WE ARE HERE TO ANSWER YOUR QUESTIONS" and "WE ARE HERE TO CONNECT YOU WITH RESOURCES" respectively. At the bottom, it says "Wednesday's 10-11 am" in white. A small Zoom link is provided at the very bottom.

LIVE CHAT

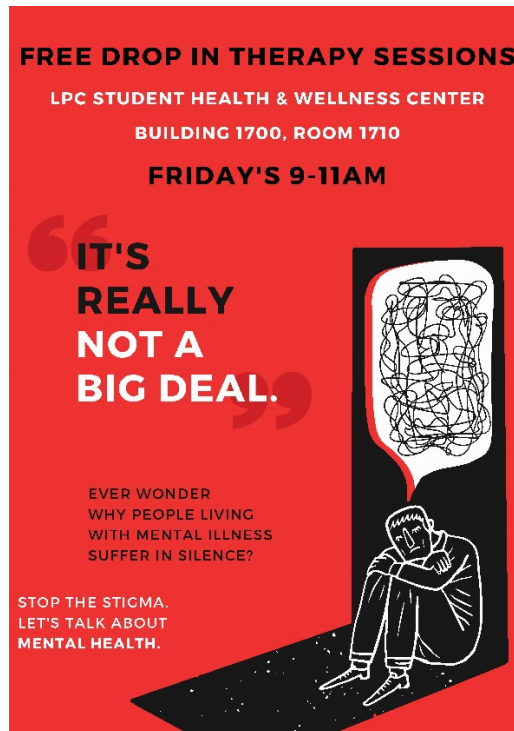
MENTAL HEALTH
IS JUST AS IMPORTANT AS
PHYSICAL HEALTH

Wednesday's 10-11 am

Zoom Link:
<https://zoom.us/j/91847602290?pwd=dWNmVUhmcl dnUTctOXRsd1k2o0lEU109>

Drop In Personal Counseling:

We are offering **in person drop in Personal Counseling** for students on **Friday mornings 9-11 in Building 1700 Room 1710**. Please review the [PDF](#) flyer for details or contact the Student Health and Wellness Staff at (925) 424-1830 with any questions.



A red flyer for free drop-in therapy sessions. It features a white silhouette of a person sitting on the floor with their head in their hands, and a speech bubble above them filled with tangled lines. The text is in white and black.

FREE DROP IN THERAPY SESSIONS
LPC STUDENT HEALTH & WELLNESS CENTER
BUILDING 1700, ROOM 1710
FRIDAY'S 9-11AM

“IT'S REALLY NOT A BIG DEAL.”

EVER WONDER WHY PEOPLE LIVING WITH MENTAL ILLNESS SUFFER IN SILENCE?

STOP THE STICMA. LET'S TALK ABOUT MENTAL HEALTH.

Chill & Chat Support Groups: Groups led by MFT Interns/trainees and will be offered by Zoom.

AAPI (Asian American Pacific Islander): Tuesday 3:00 pm - 4:00 pm, Starts: 9/14/2021

Afghan: Tuesday 6:00 pm -7:00 pm, Starts 10/12/2021

Dreamers: 2nd and 4th Monday 4: 00 pm -5:00 pm, Starts 9/13/2021

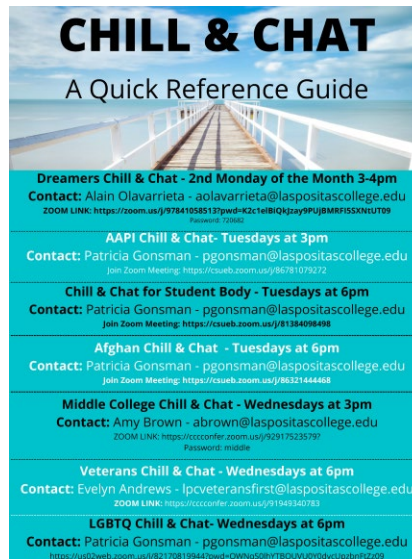
General Student Body: Thursday 5:00 pm – 6:00 pm, Starts: 9/14/2021

LGBTQ: Thursday 3:00 pm – 4:00 pm, Starts: 9/9/2021

Middle College: Wednesday 3:00 – 4:00 pm, ongoing

Veteran's: Wednesday 6:00 pm, ongoing

Please review the [PDF](#) flyer or visit the [Chill & Chat website](#) for further details or contact the Student Health and Wellness Staff at (925) 424-1830 with any questions.



CHILL & CHAT
A Quick Reference Guide

Dreamers Chill & Chat - 2nd Monday of the Month 3-4pm
Contact: Alain Olavarrieta - aolavarrieta@laspositascollege.edu
ZOOM LINK: <https://zoom.us/j/97841058517?pwd=K2c1e0BQZjZjY9PjJBMkRlSS5XNlU0R>
Password: 70080

AAPI Chill & Chat- Tuesdays at 3pm
Contact: Patricia Gonsman - pgonsman@laspositascollege.edu
Join Zoom Meeting: <https://csueb.zoom.us/j/86781079272>

Chill & Chat for Student Body - Tuesdays at 6pm
Contact: Patricia Gonsman - pgonsman@laspositascollege.edu
Join Zoom Meeting: <https://csueb.zoom.us/j/81344096498>

Afghan Chill & Chat - Tuesdays at 6pm
Contact: Patricia Gonsman - pgonsman@laspositascollege.edu
Join Zoom Meeting: <https://csueb.zoom.us/j/86321444468>

Middle College Chill & Chat - Wednesdays at 3pm
Contact: Amy Brown - abrown@laspositascollege.edu
ZOOM LINK: <https://cccconfer.zoom.us/j/952917523579?pwd=midde>

Veterans Chill & Chat - Wednesdays at 6pm
Contact: Evelyn Andrews - lpcveteransfirst@laspositascollege.edu
ZOOM LINK: <https://cccconfer.zoom.us/j/91949340783>

LGBTQ Chill & Chat- Wednesdays at 6pm
Contact: Patricia Gonsman - pgonsman@laspositascollege.edu
<https://us02web.zoom.us/j/82170819844?pwd=QWVqS0hYRk5kUkU0U0U0dycjUybnRlZD09>