



Wellness Center Programs November 2020

Therapy Groups

Tuesdays : Cafecito Chat	2:00pm	Zoom ID 952 6572 8447, Passcode 54261
Tuesdays : Music Therapy	3-4pm	https://cccedu.zoom.us/j/9467088257
Tuesdays: Anxiety Management	2-3pm	Zoom ID 411-141-4306
Wednesdays: Living Remotely: Stay Connected & Maintain Wellbeing	2-3	Zoom ID 922 8337 3270, passcode 54267
Wednesdays: Wellness Wednesdays	2pm	Instagram Live @OHCWellnessCenter
Thursdays: 1st Gen College Student Support	10am	https://cccedu.zoom.us/j/9467088257
Fridays: Meditation Mornings	10-10:30am	Zoom ID : 667 423 7859
Black Student Safe Space Group	Nov 10 1-2pm & Nov 25 11-12pm	Zoom ID: 761-912-5555
Student of Color Safe Space	Nov 4 11-12pm & Nov 19 11-12pm	Zoom ID: 761-912-5555
Anti-Racist Accountability Group	Nov 11 1-2pm & Nov 24 11-12pm	Zoom ID: 761-912-5555
Immigrant and Refugee Support	Nov 4 12-1 pm	Zoom ID: 967-0565-8309

Workshops

Wed Nov 4	Post Election Processing	12-1	Zoom ID 351 492 3395
Mon Nov 9	School/Work/Life Balance	2-3pm	https://cccedu.zoom.us/j/9467088257
Wed Nov 11	Alcohol Awareness	3pm	https://cccedu.zoom.us/j/9467088257
Mon Nov 16	Building a Meditation Practice	11a-12p	Zoom ID: 351 492 3395
Tues Nov 17	Self Care	12pm	https://cccedu.zoom.us/j/9467088257
Wed Nov 18	Coping with COVID holidays	2pm	https://cccedu.zoom.us/j/9467088257
Tues Nov 24	Coping with COVID holidays	2pm	https://cccedu.zoom.us/j/9467088257
Wed Nov 25	Stress Management	11am	https://cccedu.zoom.us/j/9467088257

Wellness Services are Free and Confidential.

Contact your college's Wellness Center for additional information



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Events

Wed. 11th Veterans Resource Fair 10am–2pm <https://bit.ly/veteransweek2020>

Benefits Enrollment

SNAP Sign Ups

Wed. Nov 4th	10am-3pm	Zoom ID: 93345053027
Tues. Nov 10th	11am-3pm	https://cccedu.zoom.us/j/94822974025
Wed. Nov 11th	10am-3pm	https://cccedu.zoom.us/j/3514923395
Wed. Nov 18th	10am-1pm	Zoom ID: 835 648 5195
Wed. Nov 19th	10am-3pm	https://cccedu.zoom.us/j/7619125555

Health Insurance Sign Ups

Wed. Nov 4th	10am-3pm	Zoom ID: 933 450 53027
Mon. Nov 9th	10am-1pm	Zoom ID: 835 648 5195
Mon. Nov 23rd	10am-1pm	Zoom ID: 835 648 5195

Mental Health Screenings

Tues. 10th	ADHD	3pm-5pm	Zoom ID: 411-141-4306
Wed. 11th	Mental Health √ Up	10am-4pm	Zoom ID: 761-912-5555
Thurs 12th	Mental Health √ Up	10am-4 pm	Zoom ID: 761-912-5555
Mon. 16th	Anxiety	10am-4pm	https://cccedu.zoom.us/j/9467088257
Wed. 18th	Depression	10am-4pm	https://cccedu.zoom.us/j/9467088257
Mon. 23rd	ADHD	10am-4pm	https://cccedu.zoom.us/j/9467088257