

COUNSELING AND WELLNESS CENTER

College Senate Meeting

3.26.2024

WHO WE ARE

- In collaboration with well-being initiative, Mind Body Life, the Counseling and Wellness Center serves as a resource that encourages overall well-being; mentally physically, socially, and emotionally.
- Spring 2024
 - *Director/ Counselor*
 - *Three FT Counselor*
 - *One Registered Intern (To be Hired)*
 - *Four Student Interns*
 - *Administrative Assistant*

WHAT WE DO

- Short-term counseling
- Crisis intervention
- Outreach and Consultation
- Academic Counseling and Career Counseling (help students select majors and career goals while also assisting them in developing the skills (e.g., time management, test anxiety management, study skills) needed to obtain these goals.
- Offers workshops at the trainings, presentations, and workshops upon request and within the scope of practice.

WHAT WE DO (ADDITIONS)

- Mind Body Life
 - www.mindbodylifesf.com
- Mental Health First Aid Training for Faculty and Staff
- Question. Persuade. Refer (QPR) with incentive*
- Collaboration with Fitness Center to offer Yoga and Student Life
- Additional Upcoming Collaborations
- Mobile Counseling
- Gardening
- Privacy Pods
- Mental Health Ambassadors
- TimelyCare
 - 24/7 Assistance
 - Scheduled Appointments
 - Self-Paced Modules



mind body life
at Santa Fe College

SPECIAL NOTE

CONTACT US

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