



Mental Health and Wellness Webinars

Brought to you by Student Health & Psychological Services
and Carlos Carrio, MPH, Health Education Specialist

Click the session topic to access the webinar. Zoom is required.

Webinar Schedule

Date	Time	Topic (Click to Access)
Monday, September 21	11 am – 12 pm	Eating on the Run
Monday, September 28	11 am – 12 pm	Financial Wellness
Monday, October 5	11 am – 12 pm	Toolkit for Healthy Relationships
Monday, October 12	11 am – 12 pm	How to Improve Your Physical & Mental Health
Monday, October 19	11 am – 12 pm	Toolkit for Healthy Relationships
Monday, October 26	11 am – 12 pm	QPR- Suicide Prevention & Awareness
Monday, November 2	11 am – 12 pm	Test Taking Skills
Monday, November 9	11 am – 12 pm	Mental Health Matters
Monday, November 16	11 am – 12 pm	Are You Getting Enough Sleep?
Monday, November 30	11 am – 12 pm	Beating Test Anxiety
Monday, December 7	11 am – 12 pm	Test Taking Skills

Mental Health Tele-Therapy Services

One-on-one tele-therapy sessions are available Monday - Friday. **Tele-Health** consults are available Monday – Thursday. All sessions require an appointment. To make one, call (951) 571-6103 or email healthservices@mvc.edu.

VISIT HEALTH SERVICES AT WWW.MVC.EDU/HS

Riverside Community College District is committed to providing access and reasonable accommodation to all District programs and activities. Accommodations for persons with disabilities may be requested by contacting the program/event organizer, Carlos Carrio at (951) 571-6103 or Carlos.Carrio@mvc.edu at least 5 days before the session date. Requests received after this date will be honored whenever possible.