

HEALTH SERVICES

NEWSLETTER

NOVEMBER
2024

Group Offerings

Community Forums

- *Neurodivergent Social Hour:*
Mondays 3-4pm
- *Dreamer Success Program Support Circle:*
Tuesday, Nov. 5th 12-1pm
- *Umoja Mental Health Hour:*
1st & 3rd Wednesdays 2-3:30pm

Psychoeducational Workshops

Grief and Loss Support is offered on Wednesday, Nov. 20th 2-3pm via hybrid format.

Skillshops

- 11/04: Managing Your Mood Series - Grief and Loss (TLC-112)
- 11/06: Mindfulness Through Vision Boards (TLC-112)
- 11/13: Narcan Training (NB-1)
- 11/18: Managing Your Mood Series - Self Compassion (TLC-112)

Active Minds Club

Club meetings are held twice a month on Mondays 2-3pm in NB-1 and via zoom.



November is ...

- Lung Cancer Awareness
- Pancreatic Cancer Awareness
- National Diabetes Month
- National Family Caregivers Month



BEHAVIORAL HEALTH
COUNSELING SERVICES
PALOMAR COLLEGE

Join our behavioral health clinicians for Neurodivergent Social Hour—a weekly relaxed and inclusive gathering where we celebrate our unique perspectives and support one another. Whether you're looking to make new friends, share your stories, learn tips and tricks to help navigate your symptoms, or just unwind in a judgment-free zone, this is the place for you.

ON MONDAYS AT 3-4PM

Online Calendar

Scan the QR code or visit our:
[Health Promotion Website](#)

