Hello SF State community,

Need a quick update on what’s happening this month? Here’s a snapshot of what’s happening on campus around mental health and wellness coordinated by peer educators and professional staff. Check out the events and activities featured in March and see if some of these may count towards extra credit for any of your classes. Enjoy our first official newsletter and stay tuned for more!

**EVENTS**

**Int’l Transgender Day of Visibility Celebration**
Festivities include a screening of the documentary film “Transgender Tuesdays” followed by a panel discussion and reception with light refreshments.

Monday, March 16, 2015
4pm - 6pm The Coppola Theater (FA 101)
Sponsors: SF State Safe Zone Ally Program, Counseling & Psychological Services, Cinema Dept., HEI, SAEM CFA, and PEP

**Sex, Drugs, and Irish Soul**
Celebrate St. Patrick’s Day with food, dance, music, and safety info about drugs and alcohol.
Tuesday, March 17, 2015
10am - 2pm Malcolm X Plaza
Sponsored by Prevention Education Programs, CEASE

**ACTIVITIES**

**Tea Time Out**
CEASE & SF State Cares are hosting a tea time! Take time out and try our featured teas. #selfcare

Wednesday, March 4, 2015  9:30am - 1pm
Wednesday, March 11, 2015  9:30am - 12:30pm
Wednesday, March 18, 2015 9:30am - 1 pm
Centennial Drive in front of SSB

**Therapy Dogs**
Tuesday, March 17, 2015
12pm - 1 pm Garden above SHS
Sponsor: Student Health Services

**WORKSHOPS**

**Mental Health Association SF: SOLVE Panel**
SOLVE, Sharing Our Lives Voices & Experiences, is a stigma elimination program training people in the community who have been living with mental health challenges to share their personal experiences.

Wednesday, March 11, 2015
1pm - 3pm
Student Health Services Conference Room
Sponsors: Counseling Psychological Services Center, Prevention Education Programs, SF State Cares

**Agents of Change**
Based on Step Up!, an evidence based bystander intervention program, educates individuals to be proactive in helping others. Develop skills and confidence when responding to problems or concerns relevant to the health and safety of college students.

Friday, March 13, 2015
12:00 pm - 1:30 pm
Student Health Center Conference Room
Presenters: Prevention Education Program, CEASE

**Other Workshops Available**

- Meditation Tuesdays
- Basic Mindfulness
- Healthy Relationships
- Stress Less

* For more info. and to RSVP a spot: https://orgsync.com/14885/events

**CHECK THIS OUT!**
Counseling & Psychological Services Center
Confidential counseling at no additional cost
M-TH 8am - 7pm // FRI 8am - 5pm
Student Services Bldg. 208 // 415-338-2208

**MEDIA SPOTLIGHT**
What is SF State talking about?
Check out our YouTube webseries:
Wondering Wednesdays!