

Issues of Violence

Acquaintance Rape/Sexual Assault Domestic Violence/Stalking

Victim Support Panel:

Women's Shelter SARP

District Attorney's Victim/Witness Assistance Center

Sheriff's Department

Cuesta Police Department

**Place: SLO Campus
Student Conference Center, room 5401
NCC Polycom, room N1000-N1015**

Date: Tuesday, March 27, 2012

Time: 11:30 am - 12:40 pm

Issues of Violence



**FOR MORE INFORMATION CALL
STUDENT HEALTH SERVICES AT
546-3171**

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Safe Spring Break 2012
ARE YOU CURIOUS
ABOUT
ALCOHOL/DRUG
ADDICTION?

*We invite you to sit in on a special
recovery panel discussion.*

**Our Guest speakers will tell their
stories about how their lives were
impacted from Alcohol/Drug
Addiction.**

**Tuesday, April 3, 2012
11:30 a.m. – 12:30 p.m.
5401/Student Center
SLO Campus
NC Campus/PolyCom N1015**

Contact Student Health Services for more information at **546-3171**.

Cuesta College

Depression Screening Day

Get Back Your Life

Tuesday, April 23, 2013

Are you:

Irritable? Experiencing a loss of pleasure? Sad?

Hopeless? Noticing changes in your sleeping or eating?

Having difficulty concentrating? Fatigued?

Having unexplained aches and pains?

Having thoughts of suicide or death?

Free depression screening will be offered at the San Luis O Student Health Center for Cuesta students. Students may sign up at the Student Health Center, Building 3100, Room 3150 or call 546-3171 for information or to make an appointment.

Depression is an illness and effective treatments are available.



ATTENTION: STUDENTS, FACULTY AND STAFF
Transitions-Mental Health Association
Suicide Awareness Workshop

Presenters from TMHA will show a documentary created by Cal Poly students talking about mental health on campus, discuss suicide prevention/intervention and offer guidance to local resources for more support. Questions from the audience are welcome!

Place: San Luis Obispo Campus,
Conference Center, Room 5401
North County Campus – Poly Com,
Room N1015

Date: Tuesday, October 25, 2011

Time: 12:00 noon - 1:00 p.m.

Contact the Student Health Center at 546-3171 for further information. Faculty, please encourage your students to attend this very informative presentation.



FREE PERSONAL COUNSELING

ON THE SAN LUIS OBISPO AND NORTH COUNTY CAMPUSES

Cuesta College Student Health Center
Offers *NO COST*

Short-term student counseling

Issues Addressed Include:

Relationship difficulties -

Couples, Heterosexual, Gay, Lesbian

Stress management; anger management

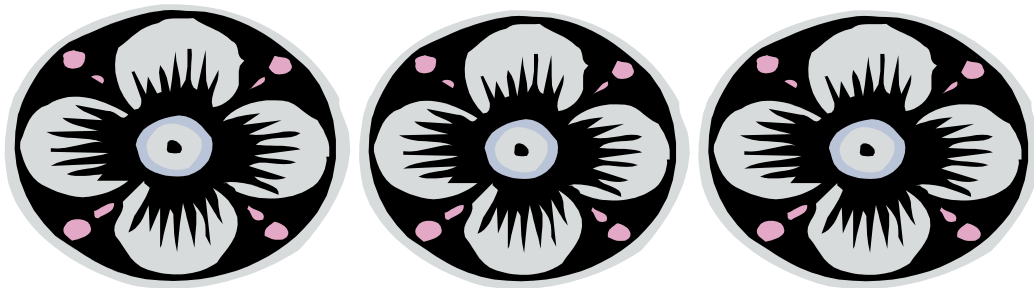
Basic communication skills

Boundary and limit setting skills

Eating disorders and referral resources

Crisis Intervention

Grief Support



STOP BY THE STUDENT HEALTH CENTER

San Luis Obispo Campus/Building 3100, room 3150

Call 546-3171 for more information

North County Campus/Building N3000/room N3025

Call 591-6200 ext. 4207



ARE YOU CURIOUS ABOUT ALCOHOL/DRUG ADDICTION?

**We invite you to sit in on a special
recovery panel discussion.
Our guest speakers will tell their stories about
how their lives were impacted from
Alcohol/Drug Addiction.**

Thursday, April 29, 2010
11:00 am -12:00 pm
North County Campus,
Building N3000
Room

**Contact Student Health Services for more information
at 591-6200 x4207.**

F R E E

Relationship Counseling

Married, Living Together,

Same Sex Couples,

Parent/Child, Family or

Roommate Issues

Cuesta College Student Health Center

San Luis Obispo Campus/546-3171 or

North County Campus/591-6200/x4207

One person in the counseling session must be a currently enrolled Cuesta College student.

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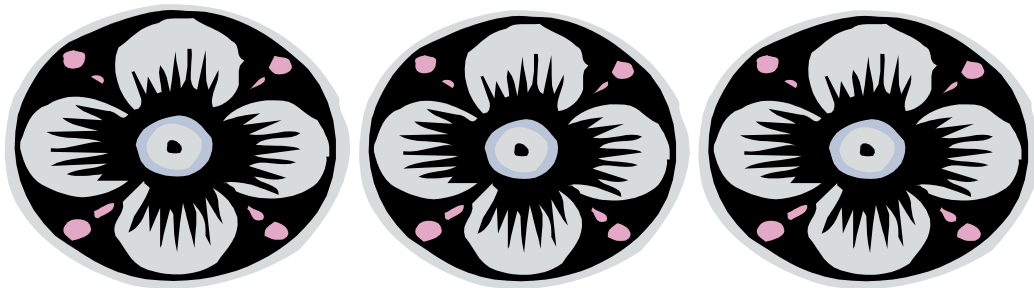
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