

Student Life and Health Services

March 2015

SPOTLIGHT

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GET INVOLVED! JOIN A CLUB!

For more information about clubs you can join or information on starting a club:

- Log on to www.avc.edu
- Select Student Services
- Select Student Development and College Activities
- Select Student Clubs



Antelope Valley College	facebook.com/avcollege
Associated Student Organization (ASO)	facebook.com/asoavc
Bookstore	facebook.com/avcbookstore
Cafeteria	facebook.com/avccafe
Financial Aid	facebook.com/avcfa
Health Services	facebook.com/avcstudenthealth101
Hearts & Hands Pantry	facebook.com/asoheartsandhandspantry

STUDENT LIFE & HEALTH SERVICES
OFFICE HOURS:
Monday - Thursday, 7:30 a.m. - 6 p.m.
Fridays 7:30 - 11:30 a.m.
SSV 180

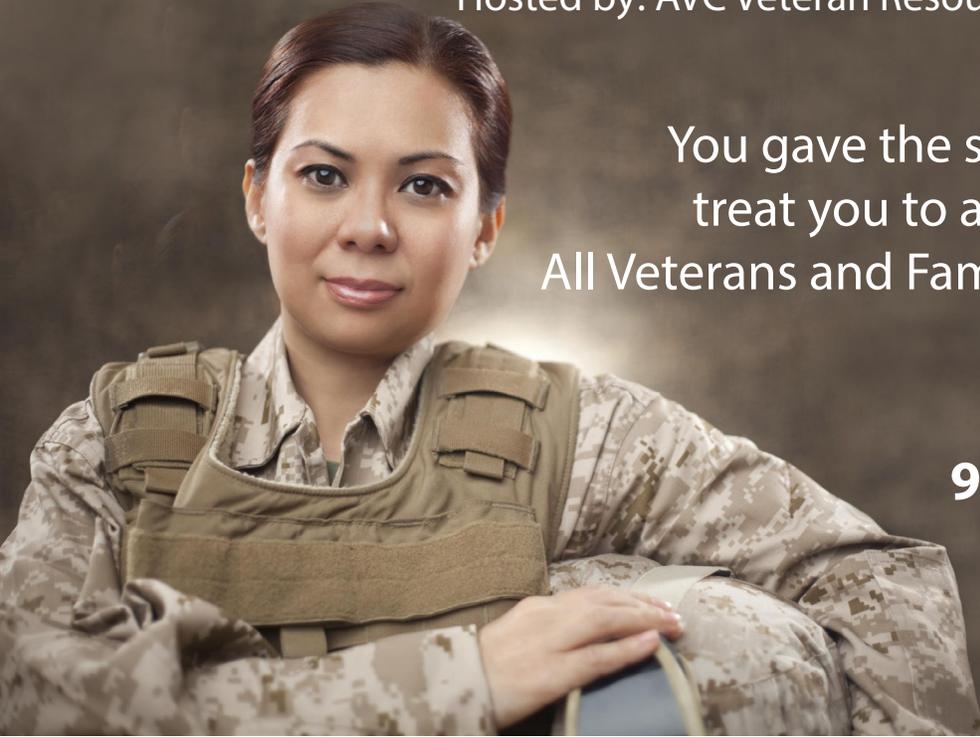


Follow AVC On
Instagram
@antelopevalleycc

Appreciating Women Veterans

Free Messages • Manicures • Basic Hairstyling • Career Resources

Hosted by: AVC Veteran Resource Center



You gave the sacrifice, now let us
treat you to a day of relaxation!
All Veterans and Family of Veterans welcome.

Thursday, 3/19
9:30 a.m. - 12:30 p.m.
SSV 151

Grad Finale

SAVE DATE

Grad Photos

Accessory Purchases

Cap & Gown Purchases

Thursday, April 16

1 - 6 p.m.

Student Lounge

more information coming soon ...



Available Group Therapy Sessions

Group therapy sessions are a place for you and other students to come together and discuss experiences, share ideas, and provide emotional support for one another. Each session is led by a professional therapist and is completely safe and confidential.

The biggest advantage to a group therapy session is you realize you are not alone and there are other people who are facing the same issues. You can support each other and suggest new ways of dealing with these similar issues. Participants often gain different perspectives, ideas, and viewpoints.



Finding Your Happiness

Everyone deserves to find their happiness. In this group you will learn methods of finding your own happiness and living a more fulfilling life.

Tuesdays, 2 - 3 p.m

March 24

March 31

April 14

April 21

April 28



Anxiety & Stress

It can be difficult to balance college life with other responsibilities. Connect with others and learn ways to manage and reduce your stress so you can be successful.

Wednesdays, 2 - 3 p.m.

April 22

April 29

May 6

May 13

May 20



Nutrition, Healthy Eating, and Weight Loss

With a busy schedule, it can be difficult to have a healthy meal plan and manage weight. Learn ways to live a healthier and more nutritious lifestyle.

Tuesdays, 3 - 4 p.m.

May 5

May 12

May 19

May 26

June 2

To enroll in this session stop by Student Health Services (SSV 180) or call (661) 722-6300 EXT. 6683.

Note: To receive full benefits of the group, students must commit to all 5 sessions of the group.

JOB FAIR

Brought to you by AVC Job Placement Center

Over 35 employers will be participating! Dress to impress!

Wednesday, 3/18 • 2 - 6 p.m. • Health Science Quad



March in March Event

On Monday, 3/02 AVC ASO Representatives and students traveled to our state capital for the March in March event. This event gave our students an opportunity to meet student leaders, learn more about statewide affairs affecting students, and to make their voice heard.



(from left to right) Elizabeth Kutzner-Wells, ASO Senator; Shawn Smith, ASO Senator; Brenda Solis, ASO Executive Director of Public Relations; Mara Javines, ASO Senator; Dr. Jill Zimmerman, Dean of Student Life and Services.



(from left to right) Brenda Solis, ASO Executive Director of Public Relations ; Assemblyman Tom Lackey; Elizabeth Kutzner-Wells, ASO Senator; Shawn Smith.



Self-Defense Event

sponsored by Student Health Services

Tuesday, 3/10

2 - 4 p.m.

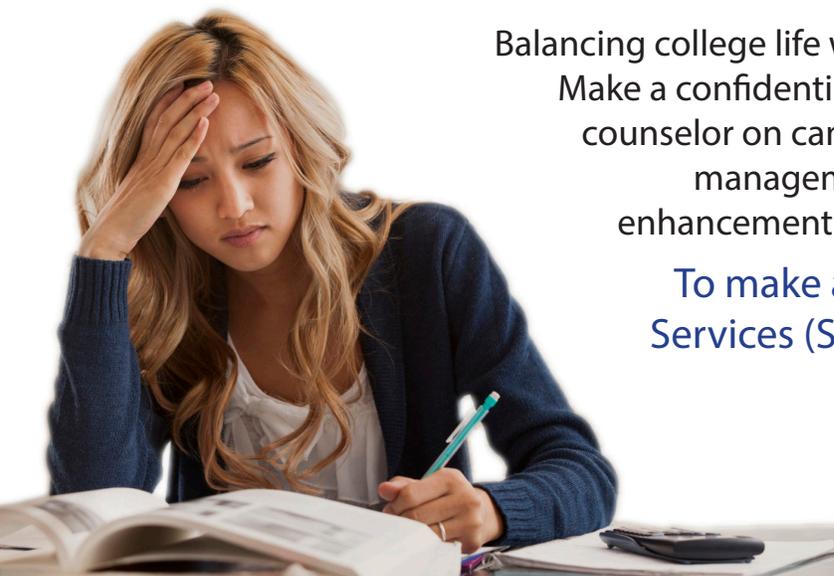
Student Lounge



Need Someone to Talk To?

Balancing college life with other life responsibilities can be difficult. Make a confidential appointment with a personal mental health counselor on campus to assist with anxiety, depression, stress management, drug and alcohol concerns, building life enhancement skills, and other mental health related issues.

To make an appointment stop by Student Health Services (SSV 180) or call (661) 722-6300 ext. 6683.



ANTELOPE VALLEY COLLEGE
STUDENT HEALTH SERVICES

Walk-In Wednesdays

Student Lounge

BINGO

3/04, 2 - 4 p.m.

Ready for some fun?! All students are welcome to this free BINGO event. Prizes will be given away and refreshments will be served.

Craft Day

3/11, 2 - 4 p.m.

March is Craft Month! Take a break from classes and spend some time with your fellow classmates doing crafts. Supplies will be available.

"Eat a Rainbow" Nutrition Event

3/18, 2 - 4 p.m.

Learn what each color of the rainbow can do for your health.

We will be serving nutritious scewers and you can always make your own parfait.

Women's History Day

3/25, 2 - 4 p.m.

March is also National Women in History month. Come by and celebrate the women of our past, present, and future!



Save Driving Event

Tuesday, 3/24 • Noon - 1:30 p.m. • Student Lounge



Did you know that 23% of auto collisions involved cell phones?
That's 1.3 million crashes!

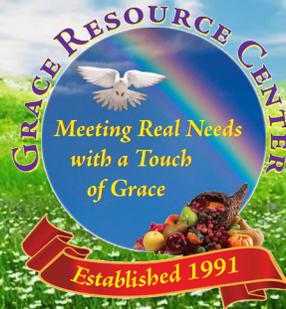
Help keep yourself and those around you more safe, visit our upcoming Safe Driving Event, and take the pledge to not text while driving.

All of those who pledge will be entered into an opportunity drawing.

Thursday, 3/25
11 - 1:30 p.m.
Library Plaza

Student Health Presents Community Day

Gather valuable information from various services in the Antelope Valley Community. We will also have opportunity drawings for those who come to the event.



Mindful Meditation Group

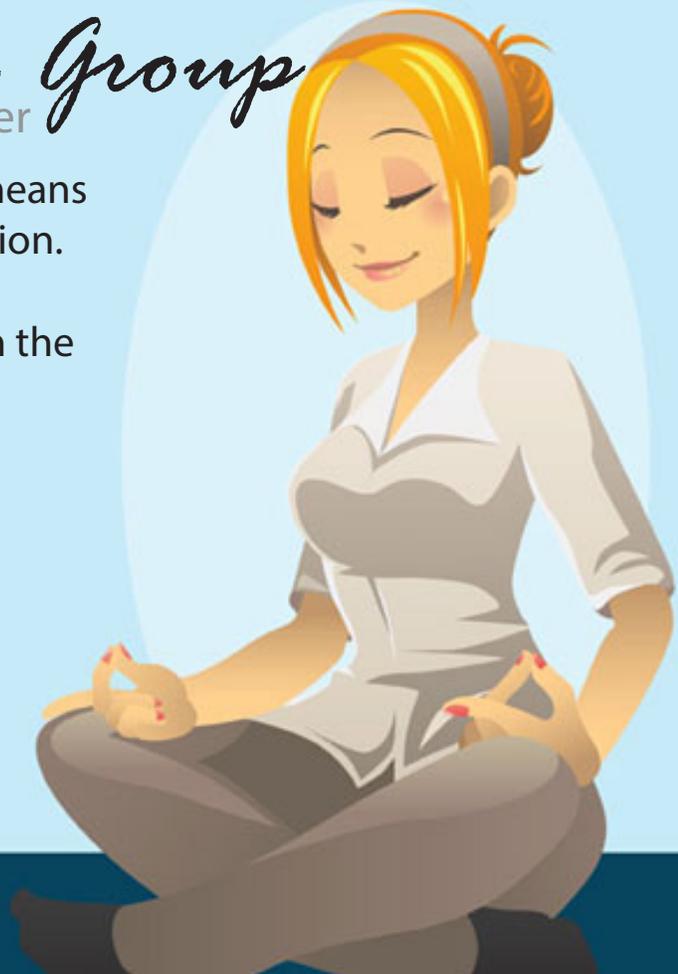
presented by: Counseling Center

Mindful meditation is an empirically proven means of reducing stress and improving concentration.

What is mindfulness? Paying attention to something, in a particular way, on purpose, in the present moment, non-judgementally.

Students and staff are welcome and no appointment is necessary.

Every Tuesday
Noon - 1 p.m.
Student Success Center
(Learning Center Bldg., LC 113)



March 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Red Cross Blood Drive Front of HS Bldg 9 a.m. - 3 p.m.	3 Red Cross Blood Drive Front of HS Bldg 9 a.m. - 3 p.m. Mindful Meditation LC 113 Noon - 1 p.m.	4 Walk-In Wednesday "BINGO" Student Lounge 2 - 4 p.m.	5	6	7
8	9 Musical Monday Library Plaza 11 a.m. - 1 p.m.	10 Mindful Meditation LC 113 Noon - 1 p.m. Self-Defense Session Student Lounge 2 - 4 p.m.	11 Walk-In Wednesday "Craft Day" Student Lounge 2 - 4 p.m.	12	13	14
15	16 Musical Monday Library Plaza 11 a.m. - 1 p.m.	17 Mindful Meditation LC 113 Noon - 1 p.m. 	18 Walk-In Wednesday "Eat a Rainbow - Nutrition Event" Student Lounge 2 - 4 p.m. Job Fair Near HS Bldg 2 - 6 p.m.	19 Women Veterans Appreciation Event SSV 151 9:30 a.m. - 12:30 p.m.	20	21
22	23 Musical Monday Library Plaza 11 a.m. - 1 p.m.	24 Driving Safety Event Student Lounge 2 - 4 p.m. Mindful Meditation LC 113 Noon - 1 p.m.	25 Community Day Library Plaza 11 a.m. - 1:30 p.m.	26	27	28
29	30 Musical Monday Library Plaza 11 a.m. - 1 p.m.	31 Mindful Meditation LC 113 Noon - 1 p.m.				