

Skyline College Psychological Services & Personal Counseling Spring 2013 Special Events & Services



Special Events

Mental Health First Aid 4-week class: Wed. 1/30, Wed. 2/6, Tues 2/12 and Wed. 2/20

Mental Health First Aid will teach you how to identify, understand, and take action when you see someone showing signs of mental illness or drug abuse. It has been taught throughout the country, and has been featured on NPR and *USA Today*. Open to faculty, staff and students. Certificate of completion provided and flex credit available for faculty and staff. (www.MentalHealthFirstAid.org)

Building 6: Second Floor
5:30 pm-9:00 pm

Miss Representation: Student Workshop: Wed. February 27th

This film explores how mainstream media contributes to the under-representation of women in influential positions in America and challenges the media's limiting and often disparaging portrayals of women. Participation slips available.

Building 6: Room 6206
11:30 am-1:30 pm

Services

Classroom Presentations: Email Liz Llamas at llamase@smccd.edu and/or Bev Muse at museb@smccd.edu to set up a presentation. We are also available for faculty and staff consultations.

Watch for Kognito, an online faculty, staff and student training for At-Risk students coming later this Spring.

Spring 2013 Hours

Monday	10:00 am-4:30 pm
Tuesday	11:30 am-6:30 pm
Wednesday	10:30 am-6:00 pm
Thursday	10:00 am-3:00 pm
Friday	9:00 am-12:00 pm



Drop-In Counseling

Monday-Thursday • 12:00 pm-1:00 pm
No appointment required, on a first come basis