

Winter 2012 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
January 2	1/3	1/4	1/5	1/6
Breathe: 12:10 p.m., MB SHCS 1/9	Self Care 101: noon, CL-213 Breathe: 12:10 p.m., CL-210 1/10	Students of Color: noon Intro to Mindfulness: 5 p.m., MB SHCS 1/11	Self-Care: noon, SHCS MB 1/12	1/13
MLK JR. HOLIDAY 1/16	Breathe: 12:10 p.m., CL-210 1/17	BENT for LGBTQQI: noon Intro to Mindfulness: 5 p.m., CL-211/212 1/18	Chronic Health Issues Application Deadline 1/19	Women's Health and Nutrition: noon, Gen S271 Healthy Steps Application Deadline 1/20
Breathe: 12:10 p.m., MB SHCS Intro to Relationships: 5 p.m., CL-211/212 1/23	Students of Color: noon Breathe: 12:10 p.m., CL-210 1/24	Women's Health and Nutrition: noon, CL 211/212 1/25	Lost in Transition: noon, MB Community Center 1/26	1/27
Breathe: 12:10 p.m., MB SHCS Relationships: 5 p.m. Chronic Health: TBD/6 wks 1/30	Breathe: 12:10 p.m., CL-210 Simmer Cooking Class: 5 p.m. 1/31	February 1 BENT for LGBTQQI: noon Mindfulness Series: 5 p.m.	2/2	Healthy Steps: noon 2/3
Breathe: 12:10 p.m., MB SHCS Relationships: 5 p.m. 2/6	Breathe: 12:10 p.m., CL-210 2/7	Students of Color: noon Mindfulness Series: 5 p.m. 2/8	Self-Care: noon, SHCS MB* 2/9	Healthy Steps: noon 2/10
Breathe: 12:10 p.m., MB SHCS Relationships: 5 p.m. 2/13	Self Care 101: noon, CL-213 Breathe: 12:10 p.m., CL-210 Food as Aphrodisiac: 4 p.m., Gen S202 2/14	BENT for LGBTQQI: noon Mindfulness Series: 5 p.m. 2/15	2/16	Healthy Steps: noon 2/17
PRESIDENT'S DAY HOLIDAY 2/20	Breathe: 12:10 p.m., CL-210 2/21	2/22	Lost in Transition: noon, MB Community Center 2/23	Healthy Steps: noon 2/24
Breathe: 12:10 p.m., MB SHCS Relationships: 5 p.m. 2/27	Students of Color: noon Breathe: 12:10 p.m., CL-210 2/28	Mindfulness Series: 5 p.m. 2/29	March 1 Are you Burnt Out?: noon, Gen	Healthy Steps: noon 3/2
Breathe: 12:10 p.m., MB SHCS Relationships: 5 p.m. Are you Burnt Out?: noon, CL-211/212 3/5	Breathe: 12:10 p.m., CL-210 Simmer Cooking Class: 5 p.m. 3/6	Food for Thought: 11 a.m., Online BENT for LGBTQQI: noon 3/7	Self-Care: noon, SHCS MB* 3/8	Healthy Steps: noon 3/9
Breathe: 12:10 p.m., MB SHCS Self-Care: noon, SHCS MB Relationships: 5 p.m. 3/12	Self Care 101: noon, CL-213 Breathe: 12:10 p.m., CL-210 Heart Disease and Nutrition: 5pm, CL-213/214 3/13	Students of Color: noon 3/14	3/15	3/16
3/19	3/20	BENT for LGBTQQI: noon 3/21	Lost in Transition: noon, MB Community Center 3/22	3/23

Mission Bay
 Parnassus
 Online

To get more information or to RSVP, email shs@ucsf.edu.

WINTER 2012

Wellness Programs & Outreach



Student
Health & Counseling

A Division of Student Academic Affairs

Programs & Workshops

Support/Discussion Groups

Nutrition Talks @ Parnassus & Mission Bay RSVP/Drop-In

Alison Boden, MPH, RD. will feature three nutrition discussions spanning one hour in length.

Women's Health and Nutrition: Mission Bay-Friday: 01/20 @10-11 a.m. at Gen S202/Parnassus-Wednesday: 1/25 @ noon-1 p.m. in the Library's CL 211/212

Food as Aphrodisiac: Mission Bay-Tuesday: 02/14 @ 4-5 p.m. in Gen S202.

Heart Disease and Nutrition: Parnassus-Tuesday: 3/13 @ 5-6 p.m. in the Library's CL 213/214.



Lost in Transition @ Mission Bay Drop-In

This discussion series highlights the experiences and stories of international students and post docs moving to the United States and adjusting to life at UCSF. Co-sponsored by Student Health, the International Students & Scholars Office and Student Services at Mission Bay. Email larry.lariosa@ucsf.edu for info. FREE snacks!

Thursdays: 1/26, 2/23, 3/22 @ 12-1 p.m. in the Mission Bay Community Center.



BENT for LGBTQQI Students @ Parnassus RSVP

Are you an LGBTQQI student? Feeling disconnected? BENT is a social/discussion group for LGBTQQI students to meet others and discuss a variety of topics that impact LGBTQQI students on campus. FREE lunch!

First and third Wednesdays @ noon-1 p.m. Email larry.lariosa@ucsf.edu for location.



Chronic Health Issues Support Group @ Parnassus RSVP

SHCS is offering a confidential six-week support group for students with chronic health issues. There is a 45-minute intake required for participation. RSVP deadline 1/19. Email larry.lariosa@ucsf.edu to RSVP.

Six Mondays @ 4-5 p.m. Dates TBD by the group.

Students of Color Discussion Group @ Parnassus RSVP

Larry Lariosa, MFT, will facilitate a monthly lunch group designed for Students of Color to build community and talk about their experiences at UCSF. FREE lunch! Email larry.lariosa@ucsf.edu. Second Wednesdays & Fourth Tuesdays @ noon-1 p.m.

don't miss:

**free
snacks,
lunch or
dinner!**

email shs@ucsf.edu.

First Generation to College Support Program @ Parnassus & Mission Bay RSVP

Are you the first in your family to go to college? Need some help navigating through the maze of graduate/professional school? If you are a first generation to college (FG2C) student who is looking for mentoring, please contact Neesha Patel, PhD at neesha.patel@ucsf.edu to learn how to sign up for a brown bag lunch opportunity with a UCSF FG2C faculty/resident/postdoc mentor



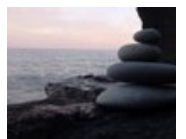
Skill-Based Programs

Breathe @ Parnassus & Mission Bay Drop-In

Don't let stress take over your life. Take a break, breathe and get back on track with mindfulness meditation. Join us for weekly drop-in mindfulness meditation sessions that are open to all and will include instruction in the form of guidance. For more information, email neesha.patel@ucsf.edu. FREE snacks!

Every Tuesday: 12:10-12:50 p.m. in the Library's CL-210 / Monday's: 12:10-12:50 p.m. in MB Student Health.

Please check the SHCS Wellness Calendar for updated program information.



Healthy Steps @ Mission Bay RSVP

Take the first steps toward achieving a healthy weight with a six-week program presented by SHCS's Dietitian.

Learn more about nutrition, exercise and mindful eating in a supportive and confidential environment.

Six Sessions: Fridays: 02/03-03/09 @ noon-1 p.m. Visit studenthealth.ucsf.edu/healthysteps to complete intake form.



RESERVE YOUR SPOT!

Email shs@ucsf.edu.

Are you Burnt Out? @ Parnassus & Mission Bay RSVP

Larry Lariosa, MFT, will facilitate a one hour informational session on burnout and how to prevent it amidst challenging academic times. FREE lunch provided! Email larry.lariosa@ucsf.edu

Mission Bay-Thursday: 3/01 @ noon-1 p.m. in Gen S202/Parnassus-Monday: 03/05 @ noon-1 p.m. at the Library's CL 211/212

Mindfulness-Based Stress Management @ Parnassus & Mission Bay Drop-In/RSVP

Uncontrolled stress can adversely affect academic performance, ability to manage clinical care, personal and professional relationships, and health. Learn stress management skills from Dr. Neesha Patel that can help you throughout your personal and professional life. Email neesha.patel@ucsf.edu for more info.

Intro Session: Learn about the benefits of mindfulness and the mindfulness-based stress management class series at this drop-in introductory session. FREE lunch/dinner! First come, first served.

Mission Bay-Wednesday: 01/11 @ 5:00-6:30 p.m. in the MB SHCS/ Parnassus-Wednesday 01/18 @ 5-6:30 p.m. in the Library's CL 211-212.

Class Series: This is a three-session class designed to help you learn how to manage stress with mindfulness-based skills. Participation in the introductory session and registration is required. Space is limited.

Parnassus-Wednesdays: 02/01, 02/08, 02/15 @ 5-6:30 p.m.

Relationship Workshop for Couples @ Parnassus RSVP

Each quarter, Dr. Susan Rosen and Lance Raynor facilitate a workshop designed to explore ideas, questions and concerns about intimate relationships offered for either couples or singles each quarter. The first session is open to all to see if this group will work for you or you and your partner. The workshop evolves based on the concerns of the participants. Free dinner! This workshop begins Monday 01/23 and is held from 5 to 6:30 p.m. on Mondays for six consecutive weeks.

Simmer @ Parnassus RSVP

Alison Boden, MPH, RD, will host an interactive cooking class with easy, cheap and healthy recipes for students. Students will learn how to create quick meals made of protein and veggies. FREE dinner!

Parnassus-Tuesday: 01/31, 03/06 @ 5-7p.m. / Thursday: 02/23 @ 5-7 p.m. RSVP to nutrition@ucsf.edu.

Self-Care 101 @ Parnassus & Mission Bay RSVP

Are you at the end of your rope? Self-Care 101 is a crash course in physical and emotional wellness. Larry Lariosa, MFT will facilitate a one-hour workshop that incorporates cognitive behavioral techniques and educational tips. FREE lunch! Mission Bay-Second Thursdays @ noon-1 p.m. in SHCS/ Parnassus-Second Tuesdays @ noon-1 p.m. in the Library's CL 213.

Online - Interactive Health

Food for Thought

Join SHCS's Dietitian, Alison Boden, MPH, RD, for a webinar on how to eat well and boost brain power. Wednesday 3/7 @ noon-1 p.m. / Visit studenthealth.ucsf.edu/food to register.

Nutrition Newsletter

Alison Boden MPH, RD offers a monthly nutrition newsletter for students. This newsletter provides nutrition tips, news and research, hot topics, recipes and Q&A. Sign-up at studenthealth.ucsf.edu/newsletter.

Sex Talk

Lisa DiGiorgio-Haag, NP, answers anonymous student questions about sex. To view online and submit questions, visit studenthealth.ucsf.edu/sex.

