

## Fall Wellness Series @ Parnassus

Take a mid-week break and join Student Health and Counseling for the Fall Hump Day Student Wellness Series! Topics focus on staying well throughout the year. Talks will occur every Wednesday at Parnassus in HSW 300. **Wednesdays, 11/5-12/10, Noon-1pm (Please note, there will be no workshop on 11/26 due to the holiday break).**



### Nov 5th: Relationships 101

**What makes relationships work?** Join SHCS providers, Dr. Susan Rosen and Dr. Lance Raynor (life partners), in a presentation and discussion about well researched tenets of lasting relationships.

**FREE LUNCH** provided for students with RSVP!

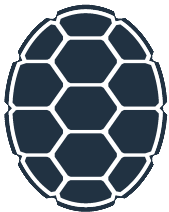
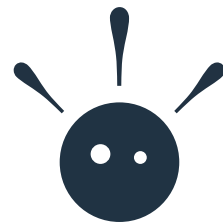
For more information or to RSVP, email [lance.raynor@ucsf.edu](mailto:lance.raynor@ucsf.edu)

### Nov 12th: Stress Management

**Stress can motivate us to perform at our best, but it can also make it difficult to focus, lead us to be overwhelmed, and keep us from doing our best.** At this Student Health and Counseling workshop presented by John Tighe, LCSW, learn hands-on strategies to manage your stress and use stress to its advantage.

**FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, email [john.tighe@ucsf.edu](mailto:john.tighe@ucsf.edu)



### Nov 19th: Perks of Being an Introvert

**Have you been called 'shy', 'quiet', 'a thinker', or a 'wallflower'? Do you appreciate alone time? Do you find it exhausting to operate in large social gatherings or on teams? Do you experience social anxiety?** Congratulations, you may be an introvert! Come learn more about the power of introversion in a world that often seems dominated by the extroverted and outspoken, and how your temperament can help you thrive. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, email [james.lyda@ucsf.edu](mailto:james.lyda@ucsf.edu)

### Dec 3rd: Holiday: Enjoying Alcohol and Food without Overdoing it

**The holidays can be a time of cheer, but it can be easy to overdo it, leading many people to drink or eat more than they want.** Do you want to enjoy the holidays, and be sure not to overdo it? Join us for a 1-hour presentation led by John Tighe, LCSW and Alison Boden, MPH, RD, on keeping alcohol and food a balanced, healthy part of the holiday season. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, email [john.tighe@ucsf.edu](mailto:john.tighe@ucsf.edu)



### Dec 10th: QPR Suicide Prevention Gatekeeper Training

**This workshop offers training and practice in suicide prevention and intervention skills, utilizing the nationally recognized QPR ("Question, Persuade & Refer") Suicide Prevention Gatekeeper approach.** QPR is listed in SAMHSA's National Registry of Evidence-based Practices and Policies, and skills learned in the workshop carry the life-saving potential of CPR. This program is relevant for all students and is not exclusively for clinicians. Participants will receive a certificate designating them as an official QPR Gatekeeper, which can be a valuable addition to a CV or resume. **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, contact [james.lyda@ucsf.edu](mailto:james.lyda@ucsf.edu)

### Flavorful Fall Nutrition Series in October

**Every Wednesday, from 12-1PM at Parnassus's HSW 300 in October - Add some wellness to your Wednesdays** and join SHCS for a lunchtime talk on food and nutrition with registered dietician Alison Boden, MPH, RD. (**October 8th: Cheap Eats!**; **October 15th: Healthy Steps for Healthy Weight**; **October 22nd: Nutrition for Women**; **October 29th: Food & Mood**). **FREE LUNCH** provided for students with RSVP!

For more information or to RSVP, contact Alison Boden, MPH, RD at [nutrition@ucsf.edu](mailto:nutrition@ucsf.edu)



### Success Series this Fall

#### Monthly Thursdays at Parnassus, 12-1pm in Toland Hall

Get organized and develop your professional self! The Success Series offers monthly workshops aimed at enhancing your professional experiences and academic well-being at UCSF (October 16th: **Big Fish in an Ocean of Big Fish- Transitioning to life as a UCSF student**; November 13th: **The Imposter Syndrome and How to Overcome It**) Co-sponsored by Student Health and Counseling Services, the Multicultural Resource Center, Student Disability Services, and First Generation Support Services

**FREE lunch** provided for students with RSVP!

For more information or to RSVP, email <https://ucsfsuccess.eventbrite.com>



RELATIONSHIPS  
**101**

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**Where:** Parnassus HSW 300

**When:** Nov 5th, 12-1PM

**RSVP:** [lance.raynor@ucsf.edu](mailto:lance.raynor@ucsf.edu)





# ***STRESS***MANAGEMENT

**Stress can motivate us to perform at our best, but it can also make it difficult to focus, lead us to be overwhelmed, and keep us from doing our best.** At this Student Health and Counseling workshop presented by John Tighe, LCSW, learn hands-on strategies to manage your stress and use stress to its advantage. *Free lunch with RSVP!*

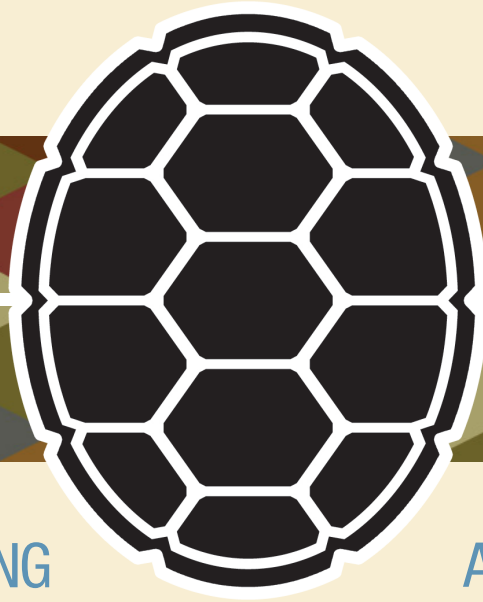
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**Where:** Parnassus HSW 300

**RSVP:** [john.tighe@ucsf.edu](mailto:john.tighe@ucsf.edu)

**When:** Nov 12th, 12-1PM





THE PERKS OF BEING

AN INTROVERT

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**Where:** Parnassus HSW 300

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**RSVP:** [james.lyda@ucsf.edu](mailto:james.lyda@ucsf.edu)





Student  
**Health & Counseling**  
A Division of Student Academic Affairs



## **HOLIDAZE!**

ENJOYING ALCOHOL AND FOOD WITHOUT OVERDOING IT

**The holidays can be a time of cheer, but it can be easy to overdo it, leading many people to drink or eat more than they want. *Do you want to enjoy the holidays, and be sure not to overdo it?*** Join us for a 1-hour presentation led by John Tighe, LCSW on keeping alcohol and food a balanced, healthy part of the holiday season.

**Where:** Parnassus HSW 300

**When:** Dec 3rd, 12-1PM

**RSVP:** [john.tighe@ucsf.edu](mailto:john.tighe@ucsf.edu)





# QPR

## SUICIDE PREVENTION GATEKEEPER TRAINING

This workshop offered by SHCS includes training and practice in **suicide prevention and intervention skills**, utilizing the nationally recognized QPR (“**Q**uestion, **P**ersuade & **R**efers”) Suicide Prevention Gatekeeper approach. QPR is listed in SAMHSA’s *National Registry of Evidence-based Practices and Policies*, and skills learned in the workshop carry the life-saving potential of CPR. This program is relevant for all students and is not exclusively for clinicians. Participants will receive a certificate designating them as an official QPR Gatekeeper, which can be a valuable addition to a CV or resume.

**Where:** Parnassus HSW 300

**RSVP:** [james.lyda@ucsf.edu](mailto:james.lyda@ucsf.edu)

**When:** Dec 10th, 12-1PM



Co-sponsors: Student Health & Counseling / Multicultural Resource Center /  
First Generation Support Services / Student Disability Services

# SUCCESS

## Get organized and develop your professional self!

The *Success Series* offers monthly workshops aimed at enhancing your professional experiences and academic well-being at UCSF. *Fall Quarter Workshops are:*

**10/16:** Big Fish in an Ocean of Big Fish:  
Transitioning to life as a UCSF student

**11/13:** The Imposter Syndrome &  
How to Overcome It

**Monthly Wednesdays this Fall**  
Parnassus, 12-1pm, in Toland Hall

**Free meal w/ RSVP!**

Info/RSVP: <https://ucsfsuccess.eventbrite.com>



Student  
**Health & Counseling**  
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# fall Flavorful Nutrition Series

**Every Wednesday, from 12-1PM at Parnassus's HSW-300 in October - add some wellness to your Wednesdays** and join Student Health and Counseling for a lunchtime talk on food and nutrition with registered dietician Alison Boden, MPH, RD.

**10/8: Cheap Eats!**

**10/15: Healthy Steps for a Healthy Weight**

**10/22: Nutrition for Women**

**10/29: Food & Mood**

{ [info/rsvp: nutrition@ucsf.edu](mailto:info/rsvp:nutrition@ucsf.edu) }