

JUMP DAY

Spring 2017

When: Wednesdays @ Parnassus, April 1-May 10, noon-1pm
Where: HSW 301 (Except May 10 - in N271)
What: *FREE LUNCH* provided for student attendees with RSVP!
(Lunches are for students attending the program only.)

Healthy Sleep



April 5: Healthy Sleep

As a graduate student, it can be hard to get a good night's rest. Chronic, poor sleep is associated with many negative physical and mental health consequences. This workshop, led by Felicia De La Garza Mercer, PhD, will teach you better sleep hygiene and cognitive and relaxation strategies to help you catch some zzzz's.

For more info or to RSVP, visit countingsheepspring2017.eventbrite.com

Battered, Bruised, and Broken



April 12: Battered, Bruised, and Broken: Evaluation and Treatment of Injured Extremities

When should you go to the emergency department or urgent care and when can you wait and be seen by primary care? Ice or heat? Splint or ace wrap? Tom Richards, MD, and Stephen Baxter, PT, MSc, DPT, will give you a practical approach to caring for yourself and others after an injury.

For more info or to RSVP, visit shcsinjury2017.eventbrite.com

Breaking Up Is Hard to Do



April 19: Breaking Up is Hard to Do

Should I be in this relationship? What's wrong with me that I don't feel good about myself in this relationship? Will I ever get over this loss? Drs. Lance Raynor and Susan Rosen from Student Health and Counseling Services will discuss ways to recognize that a relationship is not working, how to break up in a respectful and safe way and coping strategies that can help when dealing with the loss of a relationship.

For more info or to RSVP, visit breakingupspring2017.eventbrite.com

Worried About a Friend?



April 26: Worried About a Friend?

Everyone plays an important role in creating a healthy and caring campus community at UCSF. At this workshop, led by Alexandra Thurston, PsyD, learn how to recognize the warning signs of someone in distress, persuade the person to seek help, and refer them to the appropriate resources. **A certificate of training will be issued for attendees upon completion!**

For more info or to RSVP, visit worriedaboutafriendspring2017.eventbrite.com

Health and Alcohol



May 3: Health and Alcohol: Figuring Out What Works for You

When is alcohol good for us, and when is it bad? How much is OK and how much is too much? Join Tom Richards, MD, and John Tighe, LCSW, for a presentation and discussion about how alcohol figures into our social, mental, and medical health and how you can make decisions that work for you.

For more info or to RSVP, visit healthandalcoholspring2017.eventbrite.com

Same-Sex Dating/ Relationships



May 10: Same-Sex Dating and Relationships for the UCSF Student

Does dating seem far from being simple or fun? Is it tough to make relationships work in the midst of academic work? Join Lindsey Brooks, PhD, and John Tighe, LCSW, for an interactive discussion on the joys and challenges of same-sex dating and relationships. This presentation will be limited to a maximum of 40 students; sign-up ASAP! **This program will be held in Nursing N721**

For more info or to RSVP, visit samesexdatingspring2017.eventbrite.com