Let's Talk Cannabis

It’s legal in California, so let’s talk cannabis! There’s a lot to consider before you decide to use, if you’re of legal age. Join us in discussing the various forms of cannabis, the potential effects on your health and its impact on your college experience.

Feb. 13

Pleasure 101

This workshop will explore the relationship between sex & self-care in a fun and shame free setting designed to challenge erotophobia and empower sex-positivity!

Feb. 14

4 Money Pitfalls to Tackle in College

There exists four money pitfalls – credit card debt, borrowing too much, not saving, and not budgeting – known to trap the college student. This workshop will show you how to tackle these pitfalls by offering tips on managing debt, borrowing wisely, setting a doable savings plan, and a practical spending plan.

Feb. 19

www.calstatela.edu/studenthealthcenter/events
(323) 343-3340
Step Up!
An interactive presentation that empowers students with the skills to safely intervene when a friend, family member, or peer is in a situation where their health could be at risk. Bystander intervention can help prevent sexual assault, hazing, suicide, relationship violence, and the consequences of alcohol intoxication. Knowing how to step up and diffuse a difficult situation while staying safe is a necessary tool everyone should have!

Mar. 13
Either You Snooze or You Lose!
Learn how to eliminate barriers to sleep with a few simple, effective techniques. This interactive workshop will teach you how to figure out how much sleep you need, create a better sleep environment, make the most of your naps, and how to get through an all-nighter in the healthiest way possible. Join us for this primer on sleep survival.

Mar. 13
Sex, Consent and You
What is affirmative consent? Is it rape if someone says "no" after sex has begun? Can a person who is under the influence of alcohol or other drugs give legal consent for sex? Does "no" ever mean "yes"? Join us for this interactive exploration of consent and what it takes to avoid sexual misconduct and violence.

April 9
Either You Snooze or You Lose!

April 9
Sex, Consent and You

April 24
Step Up!

April 24