

# STUDENT HEALTH SERVICES NEWSLETTER



DECEMBER 2025

805-922-6966, ext. 3212

## STRESS BUSTER EVENT

Come join us in the Commons Area to unwind and relax from all your studying! Practice self-care and say HI to some very cute mini horses too! What a way to set yourself up for success after a long semester!!



## 4 Study Strategies to help you prepare for finals

Check out this Campus Well article that outlines strategies to be successful with your finals! Learn about the SQ3R method: Survey, Question, Read, Recite, Review. A technique to help you translate information into concepts you will understand and remember!! Plus ideas to help you manage stress and anxiety!!



## Stress Buster

December 3rd

9:00 - 12:30

*Commons Area*

- Acupuncture & Massage
- Mindful Coloring Activities
- Tabling with Community Agencies & Clubs
- Mini Therapy Horses
- Sound Bath Meditation

12:00 - 12:30



Allan Hancock  
College



MINI-THERAPY HORSES  
*hooved angels, healing hearts & minds*



STUDENT HEALTH  
SERVICES



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## Grief Support Group

Come meet with Linda Peterson, LMFT

August 29	11:30 - 12:30	Building A-401 upstairs
September 12 & 26		
October 10 & 24		
November 7 & 21		
December 5		

A safe, welcoming place to explore what is "normal" & learn helpful ways to cope with grief

Contact Student Health Services if you have any questions.  
Building J  
805-922-6966, ext. 3212



## HOW TO MAKE AN APPOINTMENT

Main Phone Number:  
805-922-6966, Ext. 3212

[Request Appointment Online](#)

Main Contact email:  
[studenthealth@hancockcollege.edu](mailto:studenthealth@hancockcollege.edu)

You are also welcome to stop by the health center, **building J**, to make your appointment!

More information available on our [webpage](#).



## WINTER SESSION HOURS

December 15 - January 14, 2026

Monday, Wednesday & Thursday

8:30 - 4:30



**STUDENT HEALTH SERVICES LAST DAY FOR FALL SEMESTER IS DECEMBER 11, 8:30 - CLOSING 12:30**



Students receive **FREE IMMEDIATE ACCESS TO A THERAPIST**

Choose a therapist based on your preferences  
issue, gender, language, ethnicity

At a time that fits your schedule  
day, night, weekend availability

Get started using your school email

Experiencing a mental health crisis? Help is available 24/7/365  
**833.646.1526**

If you are experiencing a medical emergency call 911.



**Uwill.**