

The WellStreet Journal — SCSU Wellbeing Center

Volume 3, Issue 1 — September 2025

Page 1 — Welcome

Quote of the Day: "We cannot seek achievement for ourselves and forget about progress and prosperity for our community." — César Chávez

Welcome to the September 2025 issue of our student wellbeing newsletter. Inside you'll find events, services, wellness activities, and cultural spotlights to support your semester.

Table of Contents: Upcoming Events, Services & Groups (p.3) · Let's Talk About Sex (p.5) · Fit for Thought (p.7) · Quick Chats (p.8) · Mind Over Chatter (p.10) · For the Culture (p.12) · Celebrating Hispanic Creativity & Talent (p.13)

Follow: @scsuwellbeing

Pages 2–3 — Upcoming Events & Trainings

- Wellbeing Fair — Wednesday, Sept. 17, 2025 · 11:00 AM–2:00 PM · Academic Quad

Visit the Wellbeing Fair where you'll discover resources to support your overall health throughout your college journey! Enjoy fun activities and grab some free ice cream from Ben & Jerry's!

- Blood Drive — Wednesday, Sept. 10, 2025 · 10:00 AM–3:00 PM · Engleman B121

In partnership with The American Red Cross. Give blood, help save lives. Your donation can make a significant impact on the lives of those in need. Go to RedCrossBlood.org and use Sponsor Code: SCSUNH to make an appointment.

- Mental Health First Aid Training — 8 hours, in person · All dates posted on OwlConnect

This certification teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders — equipping you with skills to offer initial help and support to someone in need or in crisis.

- QPR Suicide Prevention Training — 90 minutes, in person · All dates posted on OwlConnect

QPR's mission is to reduce suicidal behaviors and save lives through effective training. By recognizing signs of crisis, anyone can make a positive difference in someone's life.

September is Suicide Prevention Month: Learn to spot the signs, offer support, and remind someone that they're not alone.

Page 4 — Services & Groups

- Freedom Fridays — Quit Bar · SCSU Health Services (Granoff Hall, across from Wintergreen) · Dates: 9/5, 10/3, 11/11, 12/5 · 10:00 AM–2:00 PM · healthservices@southernct.edu
- First Generation Scholars Support Group — Engleman Hall D062 (UAP Zen Den) · Mondays starting 10/1/25 · 1:00–2:00 PM
- The Community (La Comunidad) Group — Counseling Services · Contact: Stephanie Perez, LPC — perezs10@southernct.edu
- Mindful Meditation Series — RecFit Center (ASC 204) · Dates: 9/5, 10/3, 11/11, 12/5 · 12:45–1:45 PM
- Transitions Support Group — Engleman B121 · Mondays starting 10/1/25 · 2:00–3:00 PM

September 27 is National Gay Men's HIV/AIDS Awareness Day — Learn, challenge stigma, and support affected communities.

Pages 5–6 — Let's Talk About Sex

Rapid HIV testing and HIV PrEP are available at Health Services (Granoff Hall).

What is PrEP? Pre-Exposure Prophylaxis (PrEP) helps prevent HIV. People who don't have HIV can take it regularly to lower their risk from sex or injection drug use. Effective for all genders and sexualities. Testing every 3 months is recommended while on PrEP.

Page 7 — Fit for Thought

Fitness Center location: ASC 204.

September Fitness Challenges:

- Sept. 1–7: Squats in 1 min
- Sept. 8–14: Wall Sit for time
- Sept. 15–21: Sit-ups in 1 min
- Sept. 22–28: Shoulder taps in 1 min

Mindfulness Monday Walks — Mondays 12–1 PM starting Sept. 15. Follow @SCSU_REC FIT for details.

Page 8 — Quick Chats

Myth or Fact? "Coffee is the only way to survive the start of the semester." (Answer on p.12)

Self Care Share — Start the semester strong by setting small, realistic goals and breaking big tasks into steps.

Relationship Real Talk — Q: “How do I balance school responsibilities with my relationship?” A: Communicate openly about schedules and priorities; healthy boundaries help both partners thrive.

Pages 9–10 — Mind Over Chatter

Community Love: Celebrating Hispanic Heritage Month — Honoring contributions in music, art, literature, advocacy, leadership, and traditions.

National Sober Day (Sept. 14) — Recovery is possible and worth celebrating. Recovery Support Services: Schwartz Hall, Room 101.

Thrive at Southern — Your success starts with your wellbeing.

- Counseling Services — Engleman Hall B-219
- Health Services — Granoff Hall
- Wellbeing Center — Schwartz Hall (Addiction Recovery Services; Violence Prevention & Victim Advocacy)

Pages 11–12 — For the Culture

Cultural Recipe — Tres Leches (Latin American dessert). If you need food support, connect with the SCSU Food Pantry (back of Wintergreen).

Myth or Fact — Answer: MYTH. Coffee isn't the only way to start the semester strong.

Page 13 — Celebrating Hispanic Creativity & Talent

- Selena Quintanilla-Pérez — First Tejano artist to win a Grammy; expanded audience for Texan-Mexican music; contributed to rise in Latin music popularity.
- Rita Moreno — First Hispanic woman to win an Oscar (West Side Story); one of the few EGOT recipients.
- Pedro Pascal — Chilean-American actor; advocates for Latinx visibility in mainstream media.
- Bad Bunny — Puerto Rican rapper/singer; “King of Latin Trap”; helped Spanish-language rap reach mainstream popularity.

© SCSU Wellbeing Center — September 2025