



"POTTY TALK"



The Wellness Center Guide!

You see Potty Talk every month in the bathrooms around campus, and you may or may not know that The Wellness Center distributes it. Well, here's your chance to learn more than ever about THE WELLNESS CENTER!!!!

The Wellness Center Overview

The Wellness Center, located in the Pat Malley Fitness and Recreation Center, is a **health and wellness education and resource center** on campus available to all Santa Clara University students. The Wellness Center promotes **healthy lifestyle choices**, encourages a holistic philosophy and balance to life, and combines a **pro-active**, positive approach to healthy living, emphasizing the whole person. We recognize that good health is more than the absence of illness, but rather a robust **state of well-being** that acknowledges the importance and inseparability of the mind-body relationship.

We carry information about **alcohol**, drugs, eating disorders, sexual health, **healthy relationships**, exercise, **stress management**, sexual assault, LGBTQI issues, and many more related topics.



THE EIGHT DIMENSIONS OF WELLNESS



- ✓ Physical Wellness
- ✓ Emotional Wellness
- ✓ Intellectual Wellness
- ✓ Social Wellness
- ✓ Spiritual Wellness
- ✓ Environmental Wellness
- ✓ Multicultural Wellness
- ✓ Occupational Wellness



The Wellness Model focuses on the total person, addressing areas of diversity, values, and interests. The wellness philosophy aims to address the health and development of the whole person with the goal of promoting and attaining a well-balanced and healthy individual.



Peer Health Educators and Every 2 Minutes/1 in 4

Peer Health Educators

- PHEs are student volunteers who obtain specialized training on various health and wellness topics, allowing them to facilitate discussions and deliver presentations and workshops for SCU students. For more information, to request a program, or to join the PHE program, please visit www.scu.edu/wellness and click on the link for the Peer Health Educators.

Every 2 Minutes/ 1 in 4

- Every 2 Minutes and 1 in 4 are the women's and men's peer-based sexual assault outreach and prevention programs. The emphasis of both groups is to educate women and men about ways to prevent sexual assault, bystander intervention, what to do in case of sexual assault, and how to help a friend or someone you know who has been affected by sexual assault. If you are interested in joining or learning more, please visit www.scu.edu/wellness and click on the link for Every 2 Minutes/1 in 4.

Wellness Center Services

The Wellness Center offers a wide variety of services to meet your health and wellness needs. All services are **FREE** for students.

- Educational Programs & Workshops
- Health & Mental Health Screenings
- Anonymous online Marijuana and Alcohol Assessments
- BASICS Alcohol Assessment
- Educational & Support Groups
- Book, Video/DVD, & Brochure Resource Library
- Confidential Consultations with a Health Educator
- Comprehensive Interactive Website: www.scu.edu/wellness

Important Wellness Center Information

All Wellness Center Services are Free and Confidential

WHERE? The Wellness Center is located in the Pat Malley Fitness & Recreation Center

WHO? Services are available to all registered Santa Clara University students.

WHEN? Our office hours are Monday – Friday, 9:00 A.M. – 5:00 P.M.

"Potty Talk" is brought to you by the Wellness Center
Alison Bateman, Ph.D., Health Educator
408-554-4409; www.scu.edu/wellness, or ABateman@scu.edu

