

Welcome to the MSJC Health Services newsletter! We are proud to bring you the latest news involving the MSJC Student Health Center, our services, and upcoming events and activities! Please visit us on any of our campuses, with the Student Health Center locations listed below!

- Menifee Valley Campus - RM 723
- San Jacinto Campus - RM 1540
- Temecula Valley Campus - RM TA-116

Resources and Information

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STUDENT HEALTH CENTER

Medical Services

RN Visits

- Immunizations
- Lab Draws
- STI Screening
- In-house: UTI, Strep, Flu, RSV & MVP Panel
- Drug Screening
- OTC Medications
- First Aid

NP/PA Visits

- Physical Exams
- Injury
- Single Sutures
- Reproductive Services
- Order Prescriptions/Labs
- Acute Illness
- Birth Control
- Cryotherapy
- Physicals

Counseling Services

Personal Counseling
Work with our Mental Health Counselors or attend a Mental Health group

Counselor/Therapist Visits

- Relationships
- Anxiety
- Addiction
- Harassment
- Stress
- Depression
- Sexual Assault
- & More

LOCATIONS & HOURS

SAN JACINTO CAMPUS (RM 1540)
MENEFEE VALLEY CAMPUS (RM 723)
TEMECULA VALLEY CAMPUS (TA-116)
MON to THURS 8:30AM-5:30 PM
FRI 8:30AM-12PM (virtual)

Walk in to schedule your appointment today!
Call: 951-465-8371
Email: healthservices@msjc.edu

RLS CLASSES

QR CODE: OOSIS

NOT FEELING WELL?

IF YOU ARE EXPERIENCING COLD/FLU SYMPTOMS

COME TO THE STUDENT HEALTH CENTER FOR LOW COST TESTING

CALL TO BOOK YOUR APPOINTMENT NOW
951-465-8371

NEW REDUCED PRICES

- RESPIRATORY 4 PLEX (FLU A/B, COVID, RSV) - \$35
- STREP A - \$20
- FLU A/B - \$15
- SARS COV2 - \$15

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MENEFEE VALLEY CAMPUS: BLDG 700 - 723

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Step Up in Remembrance: 9/11 Memorial Hero Climb at MSJC

This September, Mt. San Jacinto College invites students, staff, and local first responders to take part in the 9/11 Memorial Hero Climb, a moving tribute to the first responders who gave their lives on September 11, 2001. Participants will climb the equivalent of 110 stories, symbolizing the ascent made by firefighters, police officers, and paramedics at the World Trade Center.

The Hero Climb is both a challenge and a remembrance. It's a chance to come together, physically challenge yourself, reflect on sacrifice, and show that their bravery will never be forgotten.

Date: Thursday, 9-11-25

Location: Menifee Campus Football Stadium

Time: 9:00am to 12:30pm

All are welcome to climb, support participants, or attend in remembrance. Join us in honoring the heroes of 9/11 by stepping up together.

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ARE YOU UP FOR THE CHALLENGE?

JOIN US FOR THE 9/11 HERO CLIMB HONORING THE BRAVERY & SACRIFICE OF FIRST RESPONDERS

MSJC MENEFEE VALLEY CAMPUS STADIUM - SEPTEMBER 11TH 9:30AM

- CLIMB THE SAME NUMBER OF STAIRS AS THE HEROES OF 9/11
- LIGHT REFRESHMENTS AND FREE SHIRTS WILL BE PROVIDED

RSVP BY 9/2 WITH YOUR T-SHIRT SIZE (S-XL)!

Contact Us: healthservices@msjc.edu
Follow Us: @msjchealth
Call Us: 951-465-8371

Free Yoga for Students!



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September Yoga Schedule

Thurs	San Jacinto Campus 9/4, 9/11, 9/18, 9/25 11AM - 12PM Building 1900, Room 951	*Limited Matt Supply! May need to bring your own matt*
Tues	Menifee Valley Campus 9/9, 9/30 11AM - 12PM Stadium, 5201	
Tues	Temecula Valley Campus 9/9 : 2PM - 3PM 9/23 : 11AM - 12PM 4 th Floor, Room TA-426	

Schedule for Art Therapy Workshop

Join us on September 10th and 11th and express yourself and your creativity through art! Materials will be provided, see schedule below!



SUICIDE PREVENTION WEEK:

ART THERAPY WORKSHOPS!

Explore creativity and expression through guided art workshops! Students will receive a community centered prompt and create their response using provided materials.

Workshop Schedule

WEDS 9/10	MENIFEE, 1 - 2PM, BLD 400 RM 409
	TEMECULA, 2-3PM, 4TH FLOOR RM 426
THURS 9/11	SAN JACINTO, 2-3PM, BLD 1400 RM 1408

MATERIALS PROVIDED

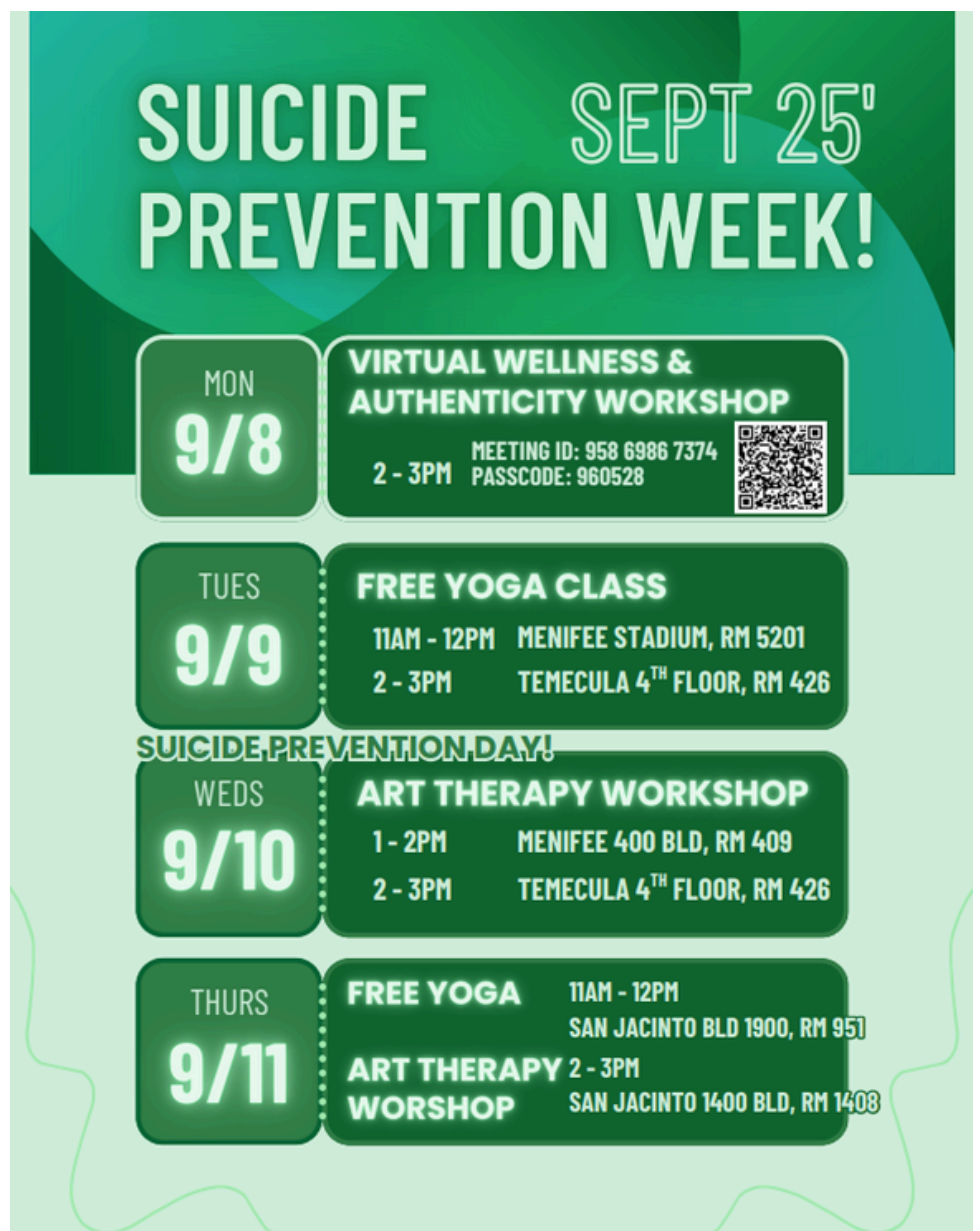
TVC: Playdoh, Paint, Markers, Colored Pencils, Canvases
MVC & SJC: Oil Pastels, Paint Markers, Colored Pencils, Canvas

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STUDENT HEALTH CENTER

FOR MORE INFORMATION: 951-665-8371 @msjchealth

September is National Suicide Prevention Month

Join us for various activities, classes, and workshops all dedicated to suicide prevention and overall wellness. From wellness and authenticity workshops, to yoga and art therapy, the MSJC Student Health Center is tackling suicide prevention and we want you to be involved! Contact us if you would like to attend any of our events or classes, or if you are having any thoughts or feelings of suicide. We are here to help!



SUICIDE PREVENTION WEEK!

MON 9/8

VIRTUAL WELLNESS & AUTHENTICITY WORKSHOP

2 - 3PM MEETING ID: 958 6986 7374
PASSCODE: 960528

TUES 9/9

FREE YOGA CLASS

11AM - 12PM MENIFEE STADIUM, RM 5201
2 - 3PM TEMECULA 4TH FLOOR, RM 426

SUICIDE PREVENTION DAY!

WEDS 9/10

ART THERAPY WORKSHOP

1 - 2PM MENIFEE 400 BLD, RM 409
2 - 3PM TEMECULA 4TH FLOOR, RM 426

THURS 9/11

FREE YOGA 11AM - 12PM
SAN JACINTO BLD 1900, RM 951

ART THERAPY WORKSHOP 2 - 3PM
SAN JACINTO 1400 BLD, RM 1408