



# Student Health Center Pop-Up

The Student Health Center is here to support your mental, physical, and emotional well-being, because your health matters just as much as your grades!

Stop by to learn about all the FREE and low-cost services available to Ventura College students

**STEM Harbor (SCI-223) 12:00 - 1:00 PM**



8/20/2025  
10/22/2025  
11/12/2025  
12/10/2025



## Meet Sophia Mateo, Therapist, AMFT:

- Schedule FREE therapy appointments
- Learn about mental health and stress management
- Learn about medical services
- Navigating referrals for care beyond the campus
- Tools and tips for staying healthy throughout the semester



Please scan QR Code to register

