

# THE WELLNESS CONNECTION

## Chaffey Connects Table Tents

At the beginning of the Spring Semester, the Social Wellness and Behavioral Support program launched an informational campaign to introduce the rebranding of the BIT team as **Chaffey Connects** and to educate the campus community on how to refer students to resources and support. The goal of Chaffey Connects is to connect students with various types of well-being resources. Table tents have been placed around campus and are digitally accessible if needed. If you would like to request table tent resources for your department, space, or program please send us a message at our non-emergent general email [Social.Wellness@chaffey.edu](mailto:Social.Wellness@chaffey.edu).



Please note that this table tent is a resource on how to submit a Chaffey Connects referral. However, in the case of an emergency, please call Campus Police at (909) 652-6911.

## Social Wellness Has a New Home



The Social Wellness and Behavioral Support (SWBS) program has completed its relocation to the Rancho campus **CDC-C Building**, where we now offer services from four individual offices. The Higher Education Assessment Team (HEAT) remains on the Rancho campus in

**Building CCE-123.** Student referrals to campus support services are available at both locations. To help the Chaffey community get familiar with SWBS's new space, stay tuned for details about an upcoming open house.

## Emergency Shelter Resources

The Higher Education Assessment Team (HEAT) is launching a campaign to raise awareness about **emergency shelter resources** for students and staff. The initiative includes step-by-step guidance on accessing county assistance by calling **2-1-1** along with a resource list of local shelters and support services. Materials will be available both on campus and online. HEAT aims to help those facing housing insecurity take the first step toward support and empower faculty and staff to connect students with resources. "Knowing where to start can be the



hardest part," says Richard Munoz, ACSW, a Social Worker with the HEAT program. "Even a simple conversation can make a big difference."

The digital resource will be available at [www.chaffey.edu/student-affairs/mental-health/resources.php](http://www.chaffey.edu/student-affairs/mental-health/resources.php).



## Upcoming Workshops

The Social Wellness and Behavioral Support program will be ending the Spring semester with workshops that address managing stress and taking mindful breaks. Join us!

Please check the [Chaffey College Event Calendar](#) for dates/ times/locations and join us for workshops like:

### Stress Management and Coping Strategies

5/1/2025 In-person 1-2 pm  
LA-100 (Rancho Campus)

5/8/2025 Virtual 12-1 pm  
Zoom ([chaffey-edu.zoom.us](https://chaffey-edu.zoom.us))  
Meeting ID: 858 3765 9514  
Passcode: 894376

### Resilience & Wellness Circles

5/6/2025 Undocu  
In-person 12:30-1:30pm  
PRISM AD-191 (Rancho Campus)

5/6/2025 LGBTQIA+  
In-person 1:30-2:30pm  
PRISM AD-191 (Rancho Campus)

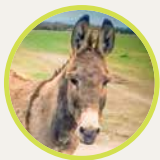
5/14/2025 De-Stress & Color  
In-person 11am-1pm  
BE-103 (Rancho Campus)

## Wellness Tips



### Unplug for a day

Take a break from your digital devices and focus on "in real life" experiences.



### Chino Campus Stroll

Head outside for a walk and say hello to the donkeys, sheep, and spirited Billy goat!



## Health Services

Don't forget Chaffey has Health Services available. Students can schedule primary care appointments for common health concerns, and if more specialized care is needed, health services can provide assistance with external medical referrals too. Take charge of your health, make an appointment today!

**Chino Campus:** CHMB 105 (909) 652-8190

**Rancho Campus:** CDC-A (909) 652-6331

[www.chaffey.edu/wellness](http://www.chaffey.edu/wellness)



## Free Product Kits

Student Life, Equity, and Engagement programs CCSJ, PRISM and Panther Care began an initiative to provide kits that have menstrual, hygiene and safe sex products that students can access for free at multiple locations across all 3 campuses and Intech. [Please review the flyer for the location access points.](#)

## Finals Resources

### GPS Center: Guiding Panthers to Success

- **Chino Campus** – CHMB-240 (909) 652-8120
- **Fontana Campus** – FNFC-121 (909) 652-7460
- **Rancho Campus** – VSS-111 (909) 652-6466

[www.chaffey.edu/counseling/gps.php](http://www.chaffey.edu/counseling/gps.php)

### Success Center

Helping students with tutoring and course requirements

- **Chino Campus** – CHMB-145 (909) 652-8150
- **Fontana Campus** – FNFC-122 (909) 652-7430
- **Rancho Campus** – BEB-101 (909) 652-6452

[www.chaffey.edu/student-support/success-centers](http://www.chaffey.edu/student-support/success-centers)



**CONNECT WITH  
US TODAY!**

Contact the Office of Social Wellness and Behavioral Support at (909) 652-6510 to make an appointment.

Visit the Chaffey college website:

[www.chaffey.edu/student-affairs/mental-health](http://www.chaffey.edu/student-affairs/mental-health)