# STUDENT HEALTH SERVICES NEWSLETTER

#### March 2024

#### 805-922-6966, ext. 3212



# ARE YOU READY FOR TAX SEASON?

Tax season can be extremely stressful, especially for students, but getting an early start and learning about the process can help you complete your taxes confidently! Check out this article and student guide!



### CURRENT HOURS OF OPERATION:

Student Health Services hours:

- Mon & Tues: 8:30 6:00
- Wed & Thurs: 8:30 4:30
- Fridays: 9:00 1:00

#### Lompoc Valley Center

- Health Center TEMPORARILY
  closed
- Mental health counseling remains available
- Please call ext. 3212 for assistance



#### HOW DO YOU STAY FOCUSED ON YOUR WORK??

"Ask the Professor" answers this important question on how to deal with feeling overwhelmed and how to stay focused!



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## THE CENTER IS HERE!



### **ALBERTSONS PHARMACY**

Albertsons will be here offering vaccines for students, staff & faculty.

March 27th, Wednesday 9:00 - 12:00

Please register for your appointment at the link below.





### HOW TO MAKE AN APPOINTMENT

<u>Main Phone Number:</u> 805-922-6966, Ext. 3212



<u>Request Appointment Online</u>

Main Contact email: studenthealth@hancockcollege.edu

You are also welcome to stop by the health center to make your appointment!

More information available on our <u>webpage.</u>



#### **Telehealth Made Easy for Higher Ed** A California Company

#### THE VIRTUAL CARE GROUP

The Virtual Care Group provides FREE 24/7 mental health services for Credit and Non-Credit students. Please visit this <u>site</u> to sign up.

