

California Community Colleges HEALTH & WELLNESS

Student Wellness Ambassadors Program

In 2018, the **STUDENT WELLNESS AMBASSADOR PROGRAM** launched at 15 campuses. The California Community Colleges Health & Wellness is pleased to announce a second Cohort opportunity for California community college students to serve as **Student Wellness Ambassadors** for the 2019-2020 academic school year.

In coordination with staff advisors, **Wellness Ambassadors** learn about statewide mental health and wellness resources and provide peer outreach on their community college campus to connect students with resources and supports, raise mental health awareness, and reduce stigma.

Know of any good students? Nominate someone today!

WHAT DOES THE STUDENT WELLNESS AMBASSADOR OPPORTUNITY OFFER?

- An all-expenses paid trip to Sacramento for a comprehensive two-day training
- Continued online training throughout the year
- \$1000 stipend
- \$500 event planning fund
- Extensive professional development and learning opportunities

WHAT ARE THE ELIGIBILITY REQUIREMENTS?

- Must be at least 18 years of age
- Must be enrolled at least part-time (6 units) at a CCC
- Commit to attending the August training in Sacramento and serving as a Student Ambassador through June 2020

NEXT STEPS?

- Access the [Frequently Asked Questions](#)
- Download the [Position Summary](#)
- For more information, please contact Carly Smith at: csmith@foundationccc.org

Not only have we been able to educate our peers and be involved in the social life here on campus, we have also been able to create and strengthen wonderful relationships with our coworkers and friends in coalescing to form an Active Minds chapter at our school. The momentum that we feel in trying to get this movement started on campus is palpable, and watching our friends take the lead in networking with students and step into leadership roles has been inspiring.

*Jessica Cabanos and Laura Praskin, College of the Canyons
(On-Campus Adviser: Larry Schallert)*

Learn More

Visit: www.ccstudentmentalhealth.org/ambassadors-2019-20

Applications due by May 24, 2019

WWW.CCSTUDENTMENTALHEALTH.ORG