

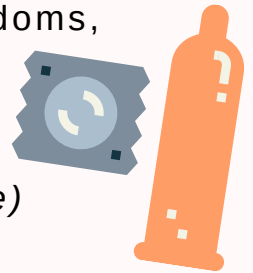
# HEALTH PROMOTION & WELLNESS **IN PERSON SERVICES**

Hours: Tuesdays & Thursdays, 10 am- 2 pm

## **SERVICES AVAILABLE**

### **Safer Sex Supplies Pick Up**

Includes a variety of safer sex supplies such as condoms, different types of lube, and dental dams



### **Free Menstrual Supplies Pick Up**

Includes pads, tampons, and liners (*not yet available*)

### **Food+Shelter+Success Care Kits**

Personal care supplies for showering and grooming

### **Food+Shelter+Success Care Kits**

Laundry detergent, dryer sheets and laundry bag

### **Healthy Sleep Kits**

Includes an eye mask, ear plugs, tea and sleep tips



### **Self-Care Kits**

Includes relaxing herbal tea, hand massage instructions with a to go lotion bottle, stress relief brain and informational brochures.

### **Art Kits**

Includes canvas & acrylic paint. Must RSVP through Qualtrics Link beforehand. Supplies are limited. Reach out to [egandara@sfsu.edu](mailto:egandara@sfsu.edu) if you have any questions.

### **Questions**

Help with questions on how to access in person or virtual health or mental health services.



**UPCOMING  
EVENTS**