

# "DON'T CANCEL THAT CLASS" COURSE OFFERINGS



*Need to cancel a class? Reach out to Vikings Care about teaching a wellness course to your students! We will come in and present the topic of your choosing. All course offerings are below. For more information, please check out the QR code.*

## 45-Minute Course Options

- Bystander Intervention: Engage
- Alcohol 101
- You Can Help Prevent Suicide
- Healthy Coping, Resilience, + Self Care
- Relationships and Social Media: Behind the Post

## 75-90 Minute Course Options


- Bystander Intervention: Engage (In-Depth)
- Deeper Dive: Alcohol and Drugs
- Deeper Drive: Mental Health
- Deeper Dive: Interpersonal Violence
- Deeper Dive: Bias and Discrimination

Scan here to sign-up



CONTACT FOR MORE INFO

 [VikingsCare@jeffco.edu](mailto:VikingsCare@jeffco.edu)

 (636) 481-3215

Jefferson   
College