

February 2026 - Win a \$250 Gift Card!



Practice Self-Love!

Self-love means prioritizing your wellness!

This semester, we're selecting one monthly winner for a \$250 Amazon gift card. To enter, sign up for free 24/7 telehealth and mental health services. Get started at [TimelyCare.com](https://www.timelycare.com) with your sdccd.edu email today!

(1) randomly selected winner from each college will be contacted directly and announced on social media.



take care!



**Need help signing up? Virtual Drop-in Hours:
Each Wed & Thurs, 3-5pm | tinyurl.com/TC-Assist**

**If you're in crisis,
dial (858) 396-1613.
No registration or
login needed!**



San Diego Community College District

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