



- Individual Counseling Referrals
- Support & Empowerment Groups
- Nursing and Health Services
- Case Management
- Substance Use Counseling Referrals
- Stress Reduction
- Information & Referral to Community Agencies
- Condom Availability
- Smoking Cessation Classes
- Reproductive Health Referrals
- Conflict Mediation

Wellness Program
Services

Wellness Staff

Ann Collaco, ASW, PPSC
Wellness Coordinator
x 1210; ROOM 210
Monday—Friday
9am—3:30pm

Catherine Jordan, RN
Wellness Nurse
x 1211; ROOM 210
Monday, 12:30pm–3:30pm
Tuesday & Wednesday, 9am–3:30pm

Frida Ibarra
Community Health Outreach Worker
x 1210; ROOM 210
Monday, 9am –3:30pm
Thursday, 9am –1pm

Rachel Bregman, MSW Student
Wellness Intern
x 1210; ROOM 210
Wednesday, 9am–3:30pm,
& Thursday, 9am –3:30pm

Come Talk with Us in Room 210,
It's Confidential!!!

- *Are you stressed out?
- *Trying to cope with difficult feelings?
- *Arguing with your parents?
- *Angry or having problems with your boyfriend or girlfriend?
- *Questions about sex or drugs?
- *Lost somebody close to you?
- *Need to get tested for STDs?
- *Want to quit smoking?

Wellness Can Help!



**Independence
High School**

**WELLNESS
PROGRAM**

Wellness Center Hours:

Monday - Friday
9:00am—2:30pm
Rm 210
Call us at 242-5000 EXT 1210

Partnering to support student health and well-being.

San Francisco Department
of Public Health

San Francisco Department of
Children, Youth and Their Families

San Francisco Unified
School District

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