

Health Education Outreach

Overview

The Health Education Outreach (HEO) department at The Claremont Colleges provides educational programming, access to rapid and confidential services, and a variety of resources that will enable students at the 7C's to play active roles in achieving, protecting, and sustaining health and wellness.

HEO Services

- ◆ Provides safe sex supplies (variety of condoms and lube, finger cots, and dental dams)
- ◆ Provides access to rapid and confidential HIV and pregnancy testing and counseling
- ◆ Provides 100% organic cotton and gynecologist-approved menstrual health products
- ◆ Provides a variety of health and wellness literature/zine collection for student's collection
- ◆ Provides a variety of educational programming on topics that are relevant to general health and wellness, such as substance use, reproductive health, stress management, rest, basic nutrition, and physical activity
- ◆ Along with connecting students to in-house campus resources, we also connect students to outside resources that will support the student's needs such as local planned parenthood or health clinics
- ◆ Provides a room for relaxation and unwinding with our fully equipped massage chairs, scent diffusers, and audio system featuring meditations and relaxing tracks

Student Experience

TCC students consider the HEO department as a safe space to come and take care of their individual health/wellness needs while enjoying spending time with peers playing board games or watching movies. To fully understand the role of HEO and the services we currently provide, we encourage students to email us at HEO@claremont.edu or give us a ring at (909) 607-3602. Let's chat about it!

Enrichment

The HEO department has several trained student leaders known as Peer Health Educators (PHEs), that serve as student ambassadors to represent the student body of the 7C's. They strive to educate and promote healthy behaviors and lifestyle changes on campus by contributing to the designing and implementing programming and raising awareness and knowledge of various wellness topics among their peers.

Mission Statement

To promote achievable health and wellness tools that may benefit the mental, emotional, and physical health and wellbeing of our 7C community using education and programming. Our goal is to educate and provide resources to as many students as possible on healthier behavior choices that should enhance their individual quality of life as students and in their future endeavors. We strive to build a healthier community within The Claremont College Consortium, one campus at a time.

Connect with Us

please visit our website for more information and upcoming events:
<https://services.claremont.edu/heo/>

- f heo.claremont.1
- @ healtheducationoutreach

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At a Glance

Similar to the other student services, the HEO department is a shared service provider for all of the seven colleges within the community. We are excited at the opportunity to serve our students again since our closure in early 2020.

- ◆ All services and resources provided are free of charge to students
- ◆ Programming requests are available online; please visit our website
- ◆ Confidential one-on-one educational sessions available upon requests
- ◆ Some services will be performed with the assistance of SHS