



South San Cares

Wellness Newsletter | October 2025

BREAST CANCER

Let's Fight together

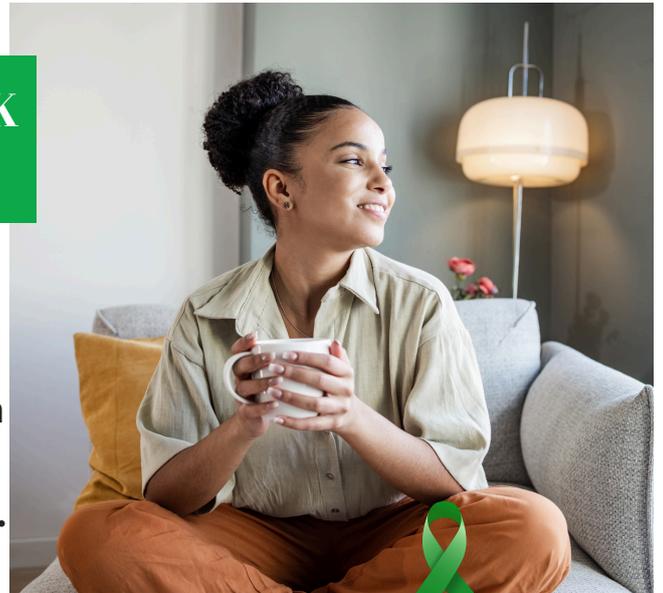


BREAST CANCER AWARENESS MONTH

Don't forget to register for October's Wellness Webinar: Breast Cancer Awareness. The webinar is on October 15th and there are two sessions: 8am and 5pm. Register Below! Attend and enter for a chance to win a wellness gift!

MENTAL ILLNESS AWARENESS WEEK OCTOBER 5 - OCTOBER 11

Join us in "Building Community: Supporting Mental Well-being Together," by sharing: **How I Recharged: A Wellness Win** Send us your best tips on how to cope with stress and stay positive- Answers will be shared anonymously in future newsletters. Participate and receive a mental wellness gift.



LEARN & WIN A PIZZA PARTY!



From now until October 24, we're tracking VECTOR training completion rates at each campus.

The campus with the highest completion rate by the deadline will win a pizza party for their staff in November!

Let's make learning fun – and tasty!

CONFIDENTIAL COUNSELING

South San Antonio ISD provides an Employee Assistance Program to help you navigate through challenging times in life.

Available 24/7 connect with a Guidance Consultant who will provide you resources, referrals, and answer questions you may have.

The first 3 sessions are at no cost!
Call: 855.387.9727 or use WebID:
ONEAMERICA3



CARE ZONE

SSAISD District's CARE Zone (carezone@southsanisd.net) is located at 2454 W. Southcross, San Antonio, TX 78211. Care Zone offers no-cost mental wellness services.



TRS ACTIVE-CARE MENTAL HEALTH IS COVERED!

Take the first step by making an appointment with a mental health provider:

Teladoc

Provides virtual mental health care.

Headway

Find access to bcbs providers for in-person or virtual mental health care.

- \$0 for TRS-ActiveCare Primary
- \$0 for TRS-ActiveCare Primary+
- 30% coinsurance after deductible for TRS-ActiveCare HD



STAY ACTIVE IN SAN ANTONIO



PARKS & RECREATION

October 2025

Check out a few of the great events happening with Parks & Recreation this month!

For a complete list of all events, classes and programming, see the [Parks & Recreation website](#) and [Explore SAActive Net site](#).



Activities for Kids & Families

- ★ [Youth Rugby Clinic](#) - October 4 @ Olmos Basin Park
- ★ [San Antonio Neighbors Together](#) - October 7 @ All Community Centers
- ★ [Art in the Park: Wicked Watercolor Wildlife](#) - October 8 @ Hardberger Park
- ★ [Bug Club](#) - October 11 @ Medina River Natural Area

Activities for Adults

- ★ [Puppetry & Storytelling Workshop](#) - October 10 @ Phil Hardberger Park
- ★ [Late Night Hoops \(Co-ed & Women's\)](#) - October 10 - December 19 @ Participating Locations
- ★ [100th Anniversary Celebration](#) - October 18 @ Lions Field Adult & Senior Center
- ★ [Jack-O-Lantern Jubilee](#) - October 31 @ Lion's Field Adult & Senior Center

Find more information at the [City of San Antonio Parks & Recreation website](#).