

Mental Health Week

- Learn about on-campus resources!

- Take advantage of workshops!

* ALL Events except for Wed. 11/17 are in **SUB 62/63**

Monday 11/15

- Inner vs Outer Self - 2:00 PM - 3:00 PM - Host: DRC

Tuesday 11/16

- Undeclared but not Scared - 11:00 AM - 11:30 AM - Host: CRC
- Classroom to Career - 11:30 AM - 12:00 PM - Host: CRC
- No Body Talk - 12:00 PM - 12:30 PM - Host: PCC
- Coping Skills for Stress and Anxiety - 12:30 PM - 1:00 PM - Host: SRAs

Wednesday 11/17

- Mental Health Fair! - 11:30 AM - 1:30 PM / SUB MPR
- *Free Depression & Resilience Screening* - 11:30 AM - 1:30 PM / SUB MPR - Host: PCC
- Paint & Sip - 3:00 PM - 5:30 PM / SUB MPR
- Movie Night "The Kid Cudi Story" - 5:30 PM - 7:00 PM / LC 100 - Host: SRAs

Thursday 11/18

- Mindfulness Workshop - 1:00 PM - 2:00 PM - Host: SRAs
- Mental Health Struggles facing People Of Color - 2:00 PM - 3:00 PM - Host: PCC

Friday 11/19

- LGBTQ+ Talk - 11:00 AM - 12:00 PM - Host - Host: PCC
- Creating a self-care plan- 12:00 PM - 1:00 PM - Host: Oasis/Haven
- Nature Sunset Walk w/ Yoga - starts at 3:30 PM / In front of the Atrium - Host: Outing Club