MENTAL HEALTH WELLNESS

Women’s Herstory Month
Wednesday, March 11 - 1:30pm
Voice & Vision: An Open Mic
Share your stories, songs, poetry, and more... Explore envisioning a non-violent future, and women supporting women.

Stress Reduction
Thursday, April 2 - 1:30pm
Learn ways to reduce your academic stress and help manage your mental health symptoms by improving self-care skills.

Mental Wellness
Thursday, April 23 - 1:30pm
Speak Up, Reach Out, Suicide Prevention: No One Else Can Play Your Part
Learn the signs and symptoms of suicide and how to help yourself or a friend.

Happiness Expo (Happittude)
Thursday, May 14 - 1:30pm
The purpose of the Happiness Expo is to promote healthy living and mental health wellness by demonstrating how to incorporate healthy lifestyle changes and utilizing various resources. The event also aims to promote a broader and more holistic perspective of what it really means to be healthy.