

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.

SPRING 2020

MENTAL HEALTH WELLNESS SERIES