



**"Changing the conversation about mental health."**

Active Minds is a national organization that aims to stop the stigma often associated with mental health issues. The UCR chapter of this student group speaks out about mental illness, body image, relationships, and adjustment. Join us and get involved in activities such as:

- The Therapy Fluffies
- Stomp Out Stigma
- Speed Friending
- "A Day in the Life of..."
- Sitcoms on the Lawn
- The Mask Project
- Community Outreach

All volunteer hours can be recorded as community service!!!

**Become a Member Today!!!**



**Meeting Times and Locations:**

- Fall Quarter: 10/7, 11/4, and 12/2 (first Thursday of each month)
- Conveniently attend at your preferred time: 3:00-4:00pm OR 7:00 to 8:00pm
- HUB 260

**E-mail: [activeminds@ucr.edu](mailto:activeminds@ucr.edu)**



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