



# The Well's Active Minds Spirit Week 2022 Schedule

January 24th -28th  
Please register by clicking on the workshop title

Raffling: Grocery Cards  
All attendees will receive a self care kit



## Jan. 24th: Awareness

Mental Health Awareness

Time: 10am-11am

The Link between Mental health and Substance Abuse

Time: 2pm-3pm

Collaboration with Golden ARCHES

Mental Health

Trivia Night

Time: 5pm-6pm

## Jan. 25th: Education

Mental Health Terminology

Time: 11am-12pm

V-A-R Training

Time: 1pm-2pm

Effects of Physical Wellness on Mental Health

Time: 4pm-5pm

Collaboration with Public Health Peers

## Jan. 26th: Advocacy

Establishing Boundaries:

Graduate Students

Time: 10am-11am

Your Voice: Power

Time: 3pm-4pm

Mental Health Journey

Student Panel

Time: 5pm-6pm

## Jan. 27th: Connection

Thriving Thursday: A mental health and self-care discussion with QTPOC

Time: 10am-11am

Collaboration with LGBT Resource Center

Disability Ally Training for Peer Mentors

Time: 11am-12pm

Collaboration with SDRC

Mental Health in Academia

Presented by:

Dr.Kalina Michalska

Time: 6:15pm-7:15pm

## Jan. 28th: Community

Boundaries

Time: 11am-12pm

Mental Health in Different Cultures Panel

Time: 4pm-5pm

Collaboration with E&G Centers