The Well's Active Minds Spirit Week 2022 Schedule

January 24th - 28th

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

We would like to thank our sponsors ASUCR, ASPB, and LGBT Resource Center