

MENTAL HEALTH AWARENESS WEEK EVENTS!

NAMI x Student Council x IMSA Counseling Department

Monday
Oct. 19

From Stress to Success

Join Counselor Emily and Ms. Olmos for Bridging Academics & Well-Being!

Time: S&E
Location: AC Pit

Therapy Dogs

Time: 4:30-6:00 PM
Location: Weather permitting - 05 slabs (Blue Room if not)



Tuesday
Oct. 20

Self-Care Night

Take a break and relax with NAMI!

- Desserts
- String bracelets
- Facials
- Temporary tattoos
- Raffle for a self-care basket!

Time: 4:30-5:30 PM
Location: The Lounge



Wednesday
Oct. 21

Coloring & Puzzles

There will be snacks!

Time: 1:00-3:00 PM
Location: MH Lounge

Campfire

Feeling stressed? Enjoy a s'more, and hangout at the campfire!

Time: 6:30-9:00 PM
Location: 05 Slabs



Thursday
Oct. 22

Build Your Own Emotional Support Stuffed Animal

Check the SignUp Genius!

Time: 4:30-5:30 PM
Location: TV Pit

Pride Rocks

Paint rocks with Youth Outlook & Spectrum!

Time: 6:00-7:00 PM
Location: Pride Rock

Bracelet Making

Time: Hall Programming
Location: Each Wing Commons

Friday
Oct. 23

Fidget Rings

Make fidget rings with Nurse Angie!

Time: S&E
Location: CAC Commons

All-Week!

NAMI Hearts Campaign

Cut out and drop off paper hearts that represent mental health conditions in the box in CAC Commons.

Time: All-Week
Location: CAC Commons

