

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!

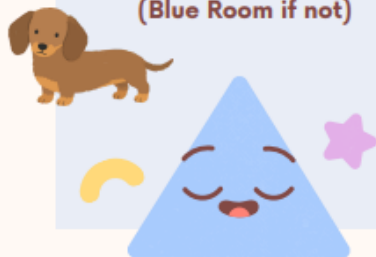
Time: S&E

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

