

Reflect, Restore, & Unite Week

COMMUNITY BUILDING THROUGH RESTORATIVE PRACTICES
FROM SEPTEMBER 16TH TO SEPTEMBER 20TH

Join us September 16-20 for Reflect, Restore, and Unite Week (RRU). Events will incorporate various restorative and community-centered topics including voter registration, community gardening, meditation, art, dance, and interpersonal connection.

MONDAY
9/16

VOTER REGISTRATION
11AM - 3PM IN MESA COMMONS

Register to vote today!
Visit us at Mesa Commons

HEART CIRCLES WITH THE STAND
12PM - 2PM IN ROOM K-105

Join the Stand for a Restorative Circle as well as an expressive art session to support mental health needs and community on campus

YOUR VOICE, YOUR VOTE ART CONTEST
[ART CONTEST LINK](#)

Submit your own empowering artwork for the chance to have your art displayed and win a prize. See the link above for more details!

TUESDAY
9/17

VOTER REGISTRATION
11AM - 3PM IN MESA COMMONS

Register to vote today!
Visit us at Mesa Commons

CONSTITUTION DAY
11:15AM - 12:30PM G-102

Join us for a presentation on the Supreme Court case involving transgender healthcare, and other constitutional and legal issues facing the LGBTQIA+ community.

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WEDNESDAY
9/18

GUIDED MORNING MEDITATION IN THE MEDITATION GARDEN WITH VP LORENZE LEGASPI

8:30AM - 9:15AM IN THE TERRAMESA GARDEN

Take a moment to relax and restore with VP Legaspi

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PATHWAYS TO FUND YOUR FUTURE, SCHOLARSHIP EVENT

12PM-1:30PM IN ROOM K-105 OR ZOOM ID 91904990674

Information on internal and external scholarship opportunities.

MAKING SPACE FOR MOVEMENT AND MIND

2:30PM - 3:30PM AT THE MESA QUAD

Join Dance Faculty Faith Jensen-Ismay for a movement session with your fellow Olympians.

THURSDAY
9/19

VOTER REGISTRATION
11AM - 3PM IN MESA COMMONS

Register to vote today!
Visit us at Mesa Commons

GROW VEGGIES, BUILD COMMUNITY WITH TERRAMESA IN THE GARDEN

4PM - 6PM IN THE TERRAMESA GARDEN

Learn how to grow your own produce with TerraMesa and friends!

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FRIDAY
9/20

STUDENT AFFAIRS AFFIRMATIONS AND CANDY EXCHANGE

Drop by the Student Affairs office to write some affirmations and positivity notes to spread to our campus. We'll trade you an affirmation note for a large piece of candy!

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SAN DIEGO MESA COLLEGE
Student Affairs

VOTER REGISTRATION LINK



YOUR VOICE, YOUR VOTE ART CONTEST LINK



MEDITATION GARDEN EVENTS SIGN-UPS

