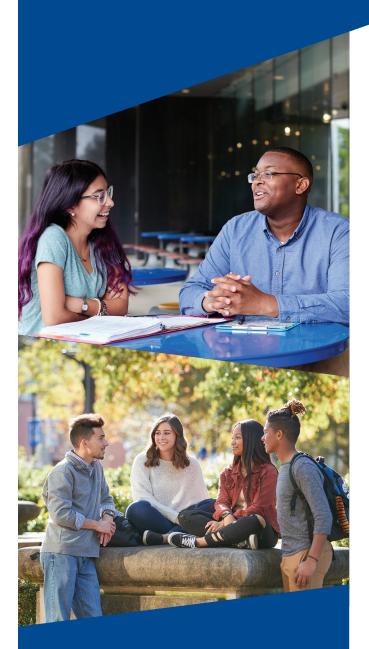
OUTREACH & PREVENTION CALFNDAR





JANUARY

- **21** Week of Welcome: Take Care of Yourself Tuesday Tabling | 11 AM-1 PM | UC Atrium
- **22** Week of Welcome: Wise Wednesday Tabling | 11 AM-1 PM | UC Atrium
- Week of Welcome: Thoughtful Thursday
 Workshop | 4-5 PM | Relaxation Zone
 302 Brister Hall
- 24 Week of Welcome: Fit Friday
 Tabling | 11 AM-1 PM | UC Atrium
- 27 No Stress Success: Supportive Tigers
 Workshop | 4-5 PM | 225 McWherter Library
- 29 Wellness: How to Study
 Workshop | 3-4 PM | UC Poplar Room (308)

FEBRUARY

- 5 QPR Suicide Prevention Training Training | 3-4 PM | UC Poplar Room (308)
- 6 Safe Zone 1 Training | 4-6 PM | UC Poplar Room (308)
- **Wellness: Disarming Differences**Workshop | 3-4 PM | UC Poplar Room (308)
- 17 Creating Kings: Black Men Mental Health Tabling | 10 AM-1 PM | UC Atrium
- 19 Creating Kings: Black Men Mental Health Workshop | 4-5 PM | UC Poplar Room (308)