

OUTREACH & PREVENTION CALENDAR

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
- 23 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)
- 12 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)



THE UNIVERSITY OF
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Student Health and
Counseling Services