

JANUARY AND FEBRUARY

OUTREACH AND PREVENTION

TUES | JAN 19

TAKE CARE OF YOURSELF TUESDAY

HOW TO DEAL PODCAST EPISODE PREMIERE

<https://anchor.fm/the-university-of-memphis-shcs>

WED | JAN 20

WISE WEDNESDAY

HOW TO DEAL PODCAST EPISODE PREMIERE

<https://anchor.fm/the-university-of-memphis-shcs>

THURS | JAN 21

THOUGHTFUL THURSDAY

HOW TO DEAL PODCAST EPISODE PREMIERE

<https://anchor.fm/the-university-of-memphis-shcs>

FRI | JAN 22

FIT FRIDAY

HOW TO DEAL PODCAST EPISODE PREMIERE

<https://anchor.fm/the-university-of-memphis-shcs>

MON | JAN 25

MOTIVATION MONDAY

HOW TO DEAL PODCAST EPISODE PREMIERE

<https://anchor.fm/the-university-of-memphis-shcs>

WED | JAN 27 | 3 PM | ZOOM

NO STRESS SUCCESS: STRESS MANAGEMENT 101

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/85077296161?pwd=RWRMT2xOd3ByMEdDUUIQTkdsLzkwZz09>

MEETING ID: 850 7729 6161

PASSCODE: 130708

FRI | JAN 29

RIDE THE WAVE-EMOTIONAL REGULATION

HOW TO DEAL PODCAST EPISODE PREMIERE

<https://anchor.fm/the-university-of-memphis-shcs>

WED | FEB 3 | 5 PM

QPR SUICIDE PREVENTION TRAINING

#TIGERSLISTEN

REGISTER IN ADVANCE FOR THIS MEETING:

<https://memphis-edu-hipaa.zoom.us/join/855858790192?pwd=Tlc2NVUvYXFBMWxnTFZmaklYM2RmZz09>

THURS | FEB 4 | 9-10 AM | ZOOM

SAFE ZONE 1.5

REGISTER IN ADVANCE FOR THIS MEETING:

<https://memphis-edu-hipaa.zoom.us/join/855858790192?pwd=Tlc2NVUvYXFBMWxnTFZmaklYM2RmZz09>

WED | FEB 10 | 3 PM

NO STRESS SUCCESS: HEALTHY

RELATIONSHIPS

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/855858790192?pwd=Tlc2NVUvYXFBMWxnTFZmaklYM2RmZz09>

MEETING ID: 858 5879 0192

PASSCODE: 833688

FRI | FEB 12

ME-TINES DAY

HOW TO DEAL PODCAST EPISODE PREMIERE

<https://anchor.fm/the-university-of-memphis-shcs>

WED | FEB 17 | 6-7:15 PM | ZOOM

YOUR TEA WON'T SPILL WITH ME

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/84594706825?pwd=YkZLUXhXV1RKYjFvZTNUcXJadjhndz09>

MEETING ID: 845 9470 6825

PASSCODE: 621075

   @UofMSHCS



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