

# SEPTEMBER 2021 CALENDAR

# OUTREACH AND PREVENTION

## WEDNESDAY, SEP. 1

### REMODEL STRESS REDESIGN STRIPES RESILIENCY WEBINAR | 3:30 PM

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/86111908859>

MEETING ID: 861 1190 8859

PASSCODE: 972805

## WEDNESDAY, SEP. 8

### QPR | 3 PM

REGISTER AT LEAST 24-HOURS IN  
ADVANCE FOR THIS MEETING:

[https://memphis-edu-hipaa.zoom.us/meeting/register/tZ0ud-CprzgtHd36eOO0t1Wi30AtJpLU\\_caE](https://memphis-edu-hipaa.zoom.us/meeting/register/tZ0ud-CprzgtHd36eOO0t1Wi30AtJpLU_caE)

## FRIDAY, SEP. 10

### QPR | 9 AM

REGISTER AT LEAST 24-HOURS IN  
ADVANCE FOR THIS MEETING:

[https://memphis-edu-hipaa.zoom.us/meeting/register/tZ0tf-ihqz4jEtGV5RqJTriDSZ\\_AWNGFEZ47](https://memphis-edu-hipaa.zoom.us/meeting/register/tZ0tf-ihqz4jEtGV5RqJTriDSZ_AWNGFEZ47)

## MONDAY, SEP. 13

### PODCAST INTERVIEW - STUDENTS AND MENTAL HEALTH | MORNING PREMIERE

## WEDNESDAY, SEP. 15

### RECOVERY ALLY TRAINING | 1-3 PM

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/87889737109?pwd=N1h6NFZPUk5wVmx1dU9KVUFJRDljZz09>

MEETING ID: 878 8973 7109

PASSCODE: 655706

## WEDNESDAY, SEP. 15

### TIME MANAGEMENT AND ROUTINE WEBINAR | 3:30 PM

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/82378954279>

MEETING ID: 823 7895 4279

PASSCODE: 613275

   @UofMSHCS



Student Health and  
Counseling Services

The University of Memphis, is an Equal Opportunity/Affirmative Action University.  
It is committed to the education of a non-racially identifiable student body. UOM010-FY2122

## FRIDAY, SEP. 17

Safe Zone | 9:30-11:00 | REGISTER IN ADVANCE FOR |  
<https://memphis-edu-hipaa.zoom.us/meeting/register/tZ0pcO2prz0vHNYvDIbmTjAgtLIT4himiOwu>

## MONDAY, SEP. 27

### PODCAST WELLNESS: ENVIRONMENT AND ADJUSTING | MORNING PREMIERE

## WEDNESDAY, SEP. 29

### NO STRESS SUCCESS: STRESS MANAGEMENT 101 | 3 PM

JOIN ZOOM MEETING

<https://memphis-edu-hipaa.zoom.us/j/86369191639>

MEETING ID: 869 8861 8621

PASSCODE: 070192



Visit [memphis.edu/counseling/outreach](https://memphis.edu/counseling/outreach)  
for additional information.

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