

March

2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14 Anxiety Support 11-12pm/ Titan Hall Graduate Support 1-1:50PM/SHCC	15 Art of Wellness 12-1:15PM/ SHCC Stress Wellness 1-2PM/Career Center LH-208 Eating Concerns & Body Image Support 3-4PM/zoom	16	17
20 Mood Wellness 3-4PM/Career Center LH-208	21 Anxiety Support 11-12PM/ Titan Hall	22 Art of Wellness 12-1:15PM/SHCC Eating Concerns & Body Image Support 3-4PM/zoom	23 Thought Wellness 1-2PM/Career Center LH-208 Building Better Relationships/2- 3PM/Titan Hall	24
27 SPRING BREAK!	28 SPRING BREAK!	29 SPRING BREAK!	30 SPRING BREAK!	31 SPRING BREAK!

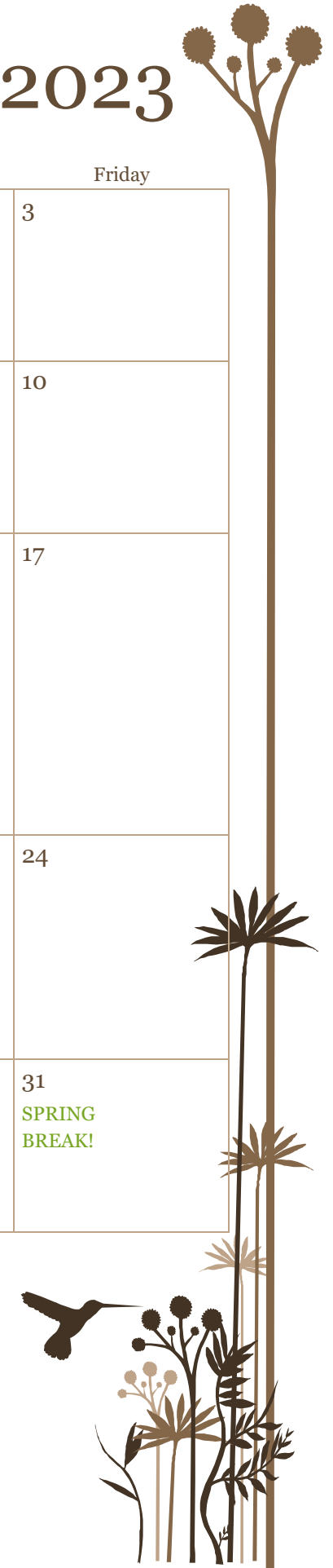
Notes:

[Titan Hall & SHCC-East Map](#)

Eating concerns support group zoom link:

Meeting ID: 827 6227 0208

Passcode: 211476



April

2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Doggy Therapy 2-3:30PM/PLN130	4	5 Soulful Wednesday 1-2PM/AARC Eating Concerns & Body Image Support 3-4PM/zoom	6 Building Better Relationships 2-3PM/Titan Hall	7 Thought Wellness 11-12PM/Titan Hall
10	11 Anxiety Support 11-12pm/ Titan Hall Graduate Support 1-1:50PM/SHCC	12 Art of Wellness 12-1:15PM/ SHCC Stress Wellness 1-2PM/Titan Hall Eating Concerns & Body Image Support 3-4PM/zoom	13 Mood Wellness 1-2PM bit.ly/CAPSWellness Workshops Building Better Relationships 2-3PM/Titan Hall	14 Sleep Wellness 11-12PM bit.ly/CAPSWellness Workshops
17	18 Anxiety Support 11-12pm/ Titan Hall Stress Wellness 3-4PM bit.ly/CAPSWellness Workshops	19 Art of Wellness 12-1:15PM/ SHCC Doggy Therapy 2-3:30PM/HQUAD Eating Concerns & Body Image Support 3-4PM/zoom	20 Building Better Relationships 2-3PM/Titan Hall	21
24 Mood Wellness 3-4PM bit.ly/CAPSWellness Workshops	25 Anxiety Support 11-12PM/ Titan Hall -Graduate Support 1-1:50PM/SHCC	26 Eating Concerns & Body Image Support 3-4PM/zoom	27 Building Better Relationships 2-3PM/Titan Hall	28

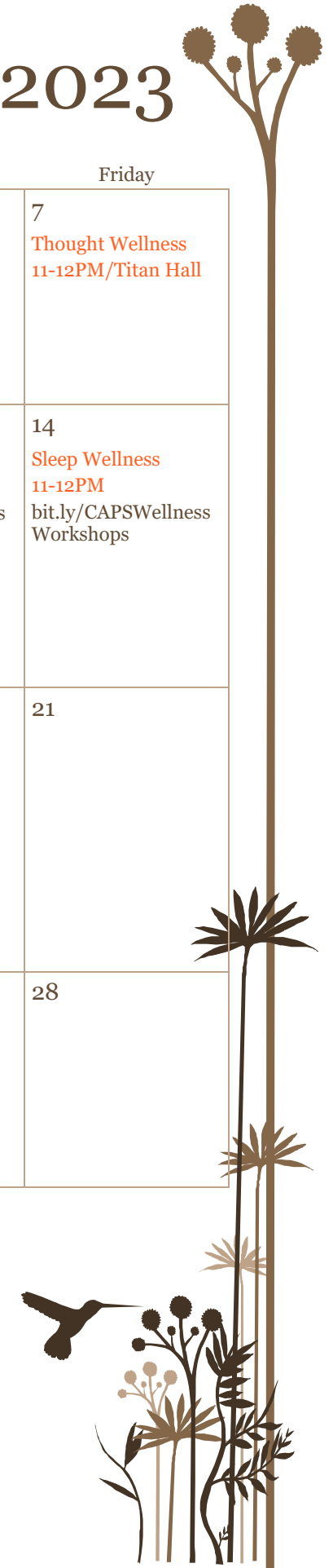
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May

2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Student Wellness Resource Fair 1-4PM/HQUAD Doggy Therapy 2-3:30PM	2 Anxiety Support 11-12pm/ Titan Hall	3 Soulful Wednesday 1- 2PM/AARC Eating Concerns & Body Image Support 3-4PM/zoom	4 Sleep Wellness 3-4PM bit.ly/CAPSWellness Workshops Building Better Relationships 2-3PM/Titan Hall	5 Thought Wellness 11-12PM bit.ly/CAPSWellness Workshops
8	9 Graduate Support 1-1:50PM/SHCC	10	11	12
15	16	17	18	19
22	23	24	25	26

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