

# February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			<i>No scheduled events</i>	<i>No scheduled events</i>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<i>No scheduled events</i>	<i>No scheduled events</i>	<b>Doggy Therapy</b> SHCC- E Conference Room 12-1:30PM <b>Soulful Wellness Wednesday</b> AARC, PLS-182 1-2PM <b>Graduate Student Support Group</b> (In Person) Grad Student Center Langsdorf Hall-216 3-4PM	<i>No scheduled events</i>	<i>No scheduled events</i>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<i>No scheduled events</i>	<b>En Comunidad</b> LCRC PLS-180 1-2:30PM	<b>Art of Wellness</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM <b>Graduate Student Support Group</b> Virtual 3-4PM	<i>No scheduled events</i>	<i>No scheduled events</i>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<i>President's Day Campus is Closed</i>	<b>Stress WW</b> Titan Hall, 3rd Floor Conference Room or Online 11AM-12PM <b>Men's Group</b> Titan Hall, 3rd Floor Group Room 2-3PM	<b>Art of Wellness</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM <b>Graduate Student Support Group</b> Virtual 3-4PM	<i>No scheduled events</i>	<b>Overcoming Anxiety</b> Housing Residential and Engagement Conference Room 1:30-3PM
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
<b>Anxiety Support Group</b> Titan Hall, 3rd Floor 10-11:30AM	<b>Mood WW</b> Titan Hall, 3rd Floor Conference Room or Online 11AM-12PM <b>Building Advocacy and Mindfulness</b> Gordon Hall Room 148B 12:15-1:15PM <b>Tea Time</b> PLS-187 1-2PM <b>Men's Group</b> Titan Hall, 3rd Floor Group Room 2-3PM <b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Thought WW</b> Titan Hall, 3rd Floor Conference Room or Online 10-11AM <b>Art of Wellness</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM <b>Sleep WW</b> Titan Hall, 3rd Floor Conference Room or Online 2-3PM <b>Graduate Student Support Group</b> Virtual 3-4PM	<b>Let's Focus on Focusing</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	

Monday	Tuesday	Wednesday	Thursday	Friday		
				<b>1</b>  <i>No scheduled events</i>		
<b>Anxiety Support Group</b> <b>4</b> Titan Hall, 3rd Floor 10-11:30AM	<b>Men's Group</b> <b>5</b> Titan Hall, 3rd Floor Group Room 2-3PM <b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Doggy Therapy</b> MPR Laurel, Housing 12:30-1:30PM <b>Art of Wellness</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM	<b>Soulful Wellness Wednesday</b> <b>6</b> AARC LS-182 1-2PM <b>Graduate Student Support Group (In Person)</b> Grad Student Center Langsdorf Hall-216 3-4PM	<b>Let's Focus on Focusing</b> <b>7</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	<b>Overcoming Anxiety</b> <b>8</b> Housing Residential and Engagement Conference Room 1:30-3PM	
<b>Anxiety Support Group</b> <b>11</b> Titan Hall, 3rd Floor 10-11:30AM	<b>Building Advocacy and Mindfulness</b> <b>12</b> Gordon Hall Room 148B 12:15-1:15PM <b>Men's Group</b> Titan Hall, 3rd Floor Group Room 2-3PM <b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Art of Wellness</b> <b>13</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM  <b>Graduate Student Support Group</b> Virtual 3-4PM	<b>Mood WW</b> <b>14</b> Titan Hall, 3rd Floor Conference Room or Online 10AM-11PM  <b>Let's Focus on Focusing</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	<b>15</b>  <i>No scheduled events</i>		
<b>Anxiety Support Group</b> <b>18</b> Titan Hall, 3rd Floor 10-11:30AM	<b>Doggy Therapy</b> <b>19</b> SHCC Patio 11-12:30PM  <b>Tea Time</b> PLS-187 1-2PM	<b>Men's Group</b> <b>19</b> Titan Hall, 3rd Floor Group Room 2-3PM <b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Thought WW</b> <b>20</b> Titan Hall, 3rd Floor Conference Room or Online 10-11AM  <b>En Comunidad</b> LCRC PLS-180 1-2:30PM	<b>Sleep WW</b> <b>20</b> Titan Hall, 3rd Floor Conference Room or Online 2-3PM  <b>Graduate Student Support Group</b> Virtual 3-4PM	<b>Let's Focus on Focusing</b> <b>21</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	<b>Overcoming Anxiety</b> <b>22</b> Housing Residential and Engagement Conference Room 1:30-3PM
<b>Anxiety Support Group</b> <b>25</b> Titan Hall, 3rd Floor 10-11:30AM	<b>Building Advocacy and Mindfulness</b> <b>26</b> Gordon Hall Room 148B 12:15-1:15PM <b>Managing Career Anxiety &amp; Stress</b> Zoom 12:30-2PM	<b>Men's Group</b> <b>26</b> Titan Hall, 3rd Floor Group Room 2-3PM <b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Stress WW</b> <b>27</b> Titan Hall, 3rd Floor Conference Room or Online 10-11AM <b>Art of Wellness</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM <b>Graduate Student Support Group</b> Virtual 3-4PM	<b>Let's Focus on Focusing</b> <b>28</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	<b>29</b>  <i>No scheduled events</i>	

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
<i>Ceasar Chavez Day Campus is Closed</i>	<i>No scheduled events</i>	<i>No scheduled events</i>	<i>No scheduled events</i>	<i>No scheduled events</i>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
<b>Anxiety Support Group</b> Titan Hall, 3rd Floor 10-11:30AM	<b>Building Advocacy and Mindfulness</b> Gordon Hall Room 148B 12:15-1:15PM <b>Graduate Student Support Group</b> (In Person) Grad Student Center Langsdorf Hall-216 3-4PM	<b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Art of Wellness</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM <b>Soulful Wellness Wednesday</b> AARC, PLS-182 1-2PM <b>Graduate Student Support Group</b> (In Person) Grad Student Center Langsdorf Hall-216 3-4PM	<b>Let's Focus on Focusing</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	<b>Overcoming Anxiety</b> Housing Residential and Engagement Conference Room 1:30-3PM
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
<b>Anxiety Support Group</b> Titan Hall, 3rd Floor 10-11:30AM	<b>Thought WW</b> Titan Hall, 3rd Floor Conference Room or Online 10AM-11PM <b>Tea Time</b> PLS-187 1-2PMT	<b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Art of Wellness</b> Titan Hall, 3rd Floor Conference Room 12-1:15PM <b>Stress WW</b> Titan Hall, 3rd Floor Conference Room or Online 10-11AM <b>Graduate Student Support Group</b> Virtual 3-4PM	<b>Let's Focus on Focusing</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	<i>No scheduled events</i>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
<b>Anxiety Support Group</b> Titan Hall, 3rd Floor 10-11:30AM	<b>CAPS Mental Health Resource Fair</b> Central Quad 11AM-1:30PM <b>Doggy Therapy</b> Central Quad 11:30AM-1:00PM	<b>Building Advocacy and Mindfulness</b> Gordon HallRoom 148B 12:15-1:15PM <b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>En Comunidad</b> LCRC PLS-180 1-2:30PM	<b>Mood WW</b> Titan Hall, 3rd Floor Conference Room or Online 3-4PM <b>Let's Focus on Focusing</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	<b>Overcoming Anxiety</b> Housing Residential and Engagement Conference Room 1:30-3PM
<b>29</b>	<b>30</b>				
<b>Flourishing Through Finals</b> Virtual 11AM-12PM	<b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM				

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Doggy Therapy</b> PLN 160 University Honors Collab. 12-1:30PM <b>Soulful Wellness Wednesday</b> AARC DIRC PLS-182 1-2PM <b>Graduate Student Support Group</b> (In Person) Grad Student Center Langsdorf Hall-216 3-4PM <b>Flourishing Through Finals</b> Titan Hall, 3rd Floor 12:30PM	<b>Let's Focus on Focusing</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	No scheduled events
<b>Flourishing Through Finals</b> Titan Hall, 3rd Floor 11AM-12PM	<b>Stress WW</b> 10-11AM <b>Thought WW</b> 11AM-12PM <b>Sleep WW</b> 1-2PM <small>All WW in Titan Hall, 3rd Floor Conference Room or Online 1-2PM</small> <b>Building Advocacy and Mindfulness</b> Gordon Hall Room 148B 12:15-1:15PM <b>Tea Time</b> PLS-187 1-2PM <b>Bring Your Anxiety to the Mat</b> Titan Hall, Yoga Room 4-5PM	<b>Flourishing Through Finals</b> Virtual 11AM-12PM <b>Mood WW</b> Titan Hall, 3rd Floor Conference Room or Online 1-2PM <b>Graduate Student Support Group</b> Virtual 3-4PM	<b>Let's Focus on Focusing</b> Titan Hall, 3rd Floor Group Room or Conference Room 4-5PM	Last Day of Classes
No scheduled events	No scheduled events	No scheduled events	No scheduled events	No scheduled events
No scheduled events	No scheduled events	No scheduled events	No scheduled events	No scheduled events
No scheduled events	No scheduled events	No scheduled events	No scheduled events	No scheduled events