

MINER WELLNESS AND COUNSELING SERVICES PRESENT

MENTAL HEALTH AWARENESS WEEK

FEBRUARY 26TH - MARCH 2ND

PROMOTING POSITIVE MENTAL HEALTH AND COPING SKILLS

MONDAY

FEB 26

11AM-1PM | Havener Atrium

Kick Off: Optimism

Presented by: Joe's PEERS

11AM-1PM | Havener Atrium
Ask, Listen, Refer Suicide Prevention
Presented by: Counseling Services

TUESDAY

FEB 27

WEDNESDAY

FEB 28

11AM-1PM | Havener Atrium
Mindfulness and Meditation
Presented by: Joe's PEERS

Havener Atrium
11AM-3PM: **Free Massages**
Presented by: Student Health
11AM-1PM: **Mental Health/Substance Abuse Screening**
Presented by: Counseling Services

THURSDAY

MAR 1

FRIDAY

MAR 2

11AM-1PM | All Around Campus
Gratitude
Presented by: Joe's PEERS

