

APRIL 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Journal Decorating @ Student Services Plaza
11am- 2pm

Saving Lives, Supporting Minds: Well-Being Fair
Student Services Plaza @ 10am- 1pm

2 Meeting Place: Space for Neurodiverse
2pm- 3pm

3 Mental Health First Aid Virtual Class
9am- 3pm

Village Walks @ 8am in Soccer Field

6 Monday Meditation
1pm @ SHC

In This Together: Community Space
2pm @ SHC

7 De-Stress Fest
9am- 3pm

Men's Therapy Group
11am- 12pm

Art & Nature Therapy
1pm- 2pm

Difficult Emotions
2pm @ CWB

8 De-Stress Fest
9am- 3pm

Connection IRL: Weekly Speed Meet
5:30pm- 6:30pm
in Collaboration Rm

9 Meeting Place: Space for Neurodiverse
2pm- 3pm

10

Village Walks @ 8am in Soccer Field

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SPRING BREAK! ENJOY!



CWB: Center for Well-Being (El Camino Commons/Lot L)
SHC: Student Health Center (Next to Planetarium)

Click on titles or Scan QR Code for more information!

