

# APRIL/MAY 2026



## MONDAY

20 **Monday  
Meditation**  
1pm @ SHC

**In This Together:  
Community Space**  
2pm @ SHC

27 **Monday  
Meditation**  
1pm @ SHC

**In This Together:  
Community Space**  
2pm @ SHC

4 **Monday  
Meditation**  
1pm @ SHC

**In This Together:  
Community Space**  
2pm @ SHC

## TUESDAY

21 **Tote-Bag & Pastry**  
11am- 2pm @ CWB  
**Difficult Emotions**  
2pm @ CWB

**Men's Therapy Group**  
11am- 12pm  
**Art & Nature Therapy**  
1pm- 2pm

[Village Walks @ 8am in Soccer Field](#)

28 **Storybook Yoga**  
12pm-1pm @ CWB  
**Difficult Emotions**  
2pm @ CWB

**Men's Therapy Group**  
11am- 12pm  
**Art & Nature Therapy**  
1pm- 2pm

[Village Walks @ 8am in Soccer Field](#)

5 **Worry Stones**  
11am-2pm @ CWB  
**Difficult Emotions**  
2pm @ CWB

**Men's Therapy Group**  
11am- 12pm  
**Art & Nature Therapy**  
1pm- 2pm

[Village Walks @ 8am in Soccer Field](#)

## WEDNESDAY

22 **Succulent Pot  
Decorating**  
11am- 2pm @ CWB

**Stop The Bleed**  
11am- 12pm  
**Connection IRL:  
Weekly Speed Meet**  
5:30pm- 6:30pm  
in Collaboration Rm

[Village Walks @ 8am in Soccer Field](#)

29 **Slime Time**  
11am-2pm @ CWB

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

[Village Walks @ 8am in Soccer Field](#)

6 **Ribbon Bouquet  
Making**  
11am-2pm @ CWB

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

[Village Walks @ 8am in Soccer Field](#)

## THURSDAY

23 **Narcan Training**  
12pm- 1pm

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

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

[Village Walks @ 8am in Soccer Field](#)

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

[Village Walks @ 8am in Soccer Field](#)

## FRIDAY

24

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8

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!**

