

MAY 2026



MONDAY

11 Monday
Meditation
1pm @ SHC

In This Together:
Community Space
2pm @ SHC

18 Monday
Meditation
1pm @ SHC

In This Together:
Community Space
2pm @ SHC

25 Monday
Meditation
1pm @ SHC

In This Together:
Community Space
2pm @ SHC

TUESDAY

12 Paws & Unwind
11am- 1pm
Difficult Emotions
2pm @ CWB

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

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

19 Self-Care Kits
11am-2pm @ CWB

Difficult Emotions
2pm @ CWB

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

26 Karaoke
11am-2pm @ CWB

Difficult Emotions
2pm @ CWB

Art & Nature Therapy
1pm- 2pm

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

WEDNESDAY

13 Lotus Flower
Origami
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](#)

20 Board Game Frenzy
11am-2pm @ CWB

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

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

27 Nail Painting
11am-2pm @ CWB

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

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

THURSDAY

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

Mental Health First
Aid 2-Day Class
9am- 1pm

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

Meeting Place: Space
for Neurodiverse
2pm- 3pm

FRIDAY

15 Mental Health First
Aid 2-Day Class
9am- 1pm

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!

