

Support: Conversations on mental health and disability

*A safe and brave space for students to create connectedness, foster wellness, and access social support.
Attend any or all.*

Facilitated by: Marie Haroutinian, CRC, APCC and Troy Polnitz, M.S., CRC

Wednesdays and Thursdays, 11 a.m. to 11:50 a.m., Henry Madden Library Room 2108

*Wednesday September 18
Thursday September 19*

Anxiety

*Wednesday September 25
Thursday October 3*

Mental Health as a Disability: Labels, stigma, and discrimination

*Wednesday October 9
Thursday October 10*

Disclosure: When to Share and When not to

*Wednesday October 16
Thursday October 17*

Boundaries: How and when to say NO

*Wednesday October 23
Thursday October 24*

Adjustment to Disability: Who am I now?

*Wednesday October 30
Thursday October 31*

Anxiety

*Wednesday November 6
Thursday November 7*

Depression

*Wednesday November 13
Thursday November 14*

The Family Dynamic: Seeking support inside and outside of the family

*Wednesday November 20
Thursday November 21*

Self-Advocacy: Finding your voice



Two people talking at a table