



## Las Positas College Health & Wellness Events 2017-2018



### FALL 2017 EVENTS

August 30<sup>th</sup>

11:30 - 1:00 – 1600 patio

*"Welcome Back Hawks" tabling event*

September 6<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

September 13<sup>th</sup>

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop:  
College- Adapting and Managing College and Social  
Changes"*

September 20<sup>th</sup>

11:30 – 1:00pm – Quad

*Be Well Health Fair and Therapy Dogs*

7:00am – 5:00pm – Room 1726

*Stanford Blood Drive*

September 27<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

October 4<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

October 11<sup>th</sup>

11:30-1:00 – 1600 patio

*Mental Health Screening Event*

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop:  
Friends are Complicated- Dealing with Betrayal and  
Changing Friendships*

October 18<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

October 25<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

November 1<sup>st</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

November 8<sup>th</sup>

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop:  
Exploring Your Identity and the Role of Social Media  
on Identity and Body Image; How to Ask for Help*

November 15<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

November 16<sup>th</sup>

11:30 – 1:00 – Room 1726

*Great American Smoke Out*

November 29<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

December 6<sup>th</sup>

11:30 – 1:00 – 1600 Patio

*Destress Event*

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

December 13<sup>th</sup>

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop: Increasing Coping  
Skills to Surviving College and the Role of Gratitude*



## Las Positas College Health & Wellness Events 2017-2018



### Spring 2017 Events

January 24<sup>th</sup>

11:30 – 1:00 – 1600 Patio

*Welcome Back Hawks*

January 31<sup>st</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

February 7<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

February 13<sup>th</sup>

7:00am – 5:00pm – Room 1726

*Stanford Blood Drive*

February 14<sup>th</sup>

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop:  
Assertiveness & Communication*

March 20<sup>th</sup>

11:30 – 1:00 – 1600 Patio

*Nutrition Event*

March 21<sup>st</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

April 4<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

April 11<sup>th</sup>

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop:  
Being a Survivor- Coping with Sexual Assault and  
Unwanted Sexual Advances*

April 18<sup>th</sup>

11:30 – 1:00 – Quad

*Sexual Assault Awareness Event*

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

April 25<sup>th</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

May 2<sup>nd</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*

May 8<sup>th</sup>

11:30 – 1:00 – Quad

*Health Fair: Road Trip to a Safe Summer Break*

May 9<sup>th</sup>

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop:  
How to Deal with Self-Harm and Suicidal Thoughts*

May 16<sup>th</sup>

2:00 - 3:30 – Room 1726

*"13 Reasons Why Not" workshop:  
What is Right? Examining One's Moral Compass and  
Values to Foster Hope*

May 23<sup>rd</sup>

2:00 - 3:30 – Room 1726

*Chill 'n Chat*