March 4, 2021 @ 12:30pm

Peter Callahan

Peter Callahan is a leadership & life coach, teacher, facilitator, and community builder. His passion is to teach and empower leaders, students, and professionals to discover and act on their values, pursue work they enjoy and the world needs, and bring deep connection and meaning to their lives. He has a private coaching practice and is the Leadership & Engagement Director at Copper Beech.

Talk: Fresh Perspectives on Dealing With Life - Balancing School, Work, Family, Friends and Everything Else That Impacts our Mental Health

Join Zoom Meeting
https://us02web.zoom.us/j/81456799963?pwd=T2ZBVmt5dVBmS3BtV0F5dWZaYUxxUT09
March 11, 2021 @ 12:30pm

INTERACTIVE HEALTHY MINDS

The Alive Mental Health Fair, the most successful suicide prevention and education program on college campuses has been transformed into the Interactive “Healthy Mind Games” (IHMG). Students at over 100 campuses have already experienced this amazing program.

Zoom Link will be available shortly

March 17th and 18th from 2-4pm
Fresh Check Day

Fresh Check is a suicide prevention & mental health awareness event that will be open to ALL regional campus students! The event is on March 17 & 18 from 2-4pm. Different activities will begin every 30 minutes starting at 2pm - the more activities you attend, the more prizes you can win!

Register here: https://forms.gle/DxSDUmKrDcUhrbsEA
March 25, 2021 at 1:00pm
Self-Care Bingo!

WebEx Link: https://uconn-cmr.webex.com/uconn-cmr/j.php?MTID=m9be9eea4f27707a71b4e521833d2ce32