

# VIRTUAL WELLNESS FAIR



MARCH 8-12

## MONDAY

### 12PM HEAR COWELL CENTER CARES

*The Cowell Center got together to talk about caring for BIPOC students on campus. Utilizing the amazing work of Toni Morrison as a launching pad. Come and see our chat. The video will be available [HERE](#)*

### SPIRITUAL WELLNESS RESOURCES

- [\*Spirituality and Mental Health\*](#)
- [\*The Examen\*](#)
- [\*Guided Examen: Beloved\*](#)
- [\*Guided Examen: Healing Touch\*](#)
- [\*Guided Examen: Being Seen\*](#)

SANTA CLARA UNIVERSITY  
COWELL CENTER

# VIRTUAL WELLNESS FAIR



MARCH 8-12

## TUESDAY

### 12-1PM OML VIRTUAL OFFICE HOURS

*Have a question? Want to connect with our office in a casual setting? Stop by for a virtual chat with the Office for Multicultural Learning. Anyone can join!*

*Zoom Info: Meeting ID: 665 876 5269; Password: 730250*

### 2-3PM RRC VIRTUAL OFFICE HOURS

*Have a question? Need support? Want to just drop by and say hello? Join our Student Assistants in the virtual Rainbow Resource Center!*

*Zoom info: Meeting ID: 937 3303 7681*

### 4:15-5:15PM CHAARG HIIT WORKOUT WITH CARDIO SPORT

*Sign-up link [HERE](#) \\ Meeting ID: 920 1075 1139; Password: CHAARG*

### 5PM 5 TIPS FOR A SUCCESSFUL STUDY PLAN

*This is a good session for students looking for study tips in advance of final exams the following week. The information and Zoom link is posted on the Drahmman Center website [HERE](#)*

### 6-7:30 PM TRAUMA INFORMED YOGA W/ REBECCA ROTHBURG

*Breathe, ground, and restore. Cultivate mindfulness and self-compassion, find a sense of safety in your body, and tap into your inner wisdom. No previous yoga experience required!*

*Zoom info: Meeting ID: 993 5600 7330 Passcode: 268059*



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## WEDNESDAY

### 12PM VIRTUAL TEA CHATS WITH THE COWELL CENTER

*What's the "tea?" Come and experience an online, solo tea chat. We take some of our hot topics and exercises, flip them on their head, mix in a few fun laughs, and serve it up hot and ready for you to taste. If you haven't gotten in on the peer tea chat groups, come experience one on your own and then join one of the groups. Video will be available [HERE](#)*

### FINANCIAL WELLNESS

- [Money Basics](#)
- [Best FREE Budgeting Apps](#)

### BODY POSITIVE AND SELF-LOVE

- [Body Positive at SCU](#)
- [15 Body Positive Activities](#)
- [Body Positive Community](#)

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## THURSDAY

### 12:00PM COWELL STUDENT AMBASSADOR/EMT BROWN BAG CHAT

*CCSA and EMTs share what they are up to and let you know how you can support their upcoming endeavors: Warm Line, High school Bridge program, EMT Health Corner, Mental Health Movie, and more will be shared. Zoom info: Meeting ID: 967 6902 2502 Passcode: 123*

### 4-5PM RRC COZY CORNER

*For this special Spiritual Wellness edition of Cozy Corner, join our Student Assistants as they have a discussion on religion, gender, and sexuality and what spirituality means. Everyone is welcome! Zoom Details: Meeting ID: 939 0046 7296; Password: cozyRRC*

### 4-5PM VIRTUAL ESCAPE ROOM WITH OCL ([REGISTER HERE](#))

*Students will get to solve puzzles, mysteries, and compete in group mazes. This event is open to all students and we encourage you to invite your friends! Flying solo, no problem! We'll add you to a group during the event.*

### 7-8PM COMING HOME TO YOURSELF: AN EVENING EXAMEN

*Hosted by Campus Ministry; register [HERE](#)*



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# FRIDAY

## 12-1PM OML VIRTUAL OFFICE HOURS

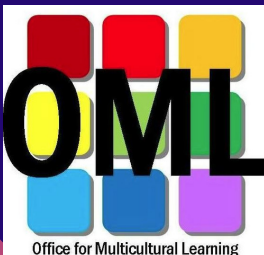
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## 12PM NORMALIZING FEELINGS- THE KINDNESS CAMPAIGN

*Stressed. Anxious. Uncertain. These are some of the feelings we've all been struggling with since the pandemic. Join us as we express how the pandemic has affected our mental health and learn/share tips on how to practice positive coping strategies.*

*Join Zoom Meeting by clicking [here](#) OR Meeting ID: 920 5824 4810 Password: 613389*



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## ADDITIONAL RESOURCES

### SPIRITUAL WELLNESS

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