



# MENTAL HEALTH ACTION WEEK

Oct 19-23, 2020



PURDUE STUDENT  
GOVERNMENT

## Monday, October 19th

- **Addressing student stress during a pandemic** (10am-12pm, [tinyurl.com/pgsg-caps](https://tinyurl.com/pgsg-caps))
- **Mental Health in College: Normalizing the Conversation** (5-7pm, [tinyurl.com/mhaw-coe](https://tinyurl.com/mhaw-coe))

## Tuesday, October 20th

- **Make a Mask with PSG** (3-5pm, Krach Lobby)
- **Speaker Dr. Muriel Buque** (5pm, livestreamed)

## Wednesday, October 21st

- **Racial Trauma Discussion Panel** (10-11am, [tinyurl.com/pgsg-racial-trauma](https://tinyurl.com/pgsg-racial-trauma))
- **Mental Wellness with RecWell** (5-6:30pm, [tinyurl.com/mhaw-recwell](https://tinyurl.com/mhaw-recwell))
- **PGSG Craft Night** (7-9pm, [tinyurl.com/mhawpgsg](https://tinyurl.com/mhawpgsg))

## Thursday, October 22nd

- **Mental Wellness with MHA** (10-11:30am, [tinyurl.com/brandi-mha](https://tinyurl.com/brandi-mha))
- **Purdue Cultural Centers Strategies during a Pandemic** (5-6pm, [tinyurl.com/mhaw-cultural](https://tinyurl.com/mhaw-cultural))
- **Group X Yoga on Demand** (7-9pm, [tinyurl.com/mhaw-groupx](https://tinyurl.com/mhaw-groupx))

## Friday, October 23rd

- **Conversation on "Looking at the Glass Half Full"** (12-1:30pm, [tinyurl.com/pgsg-half-full](https://tinyurl.com/pgsg-half-full))
- **Yoga by instructor Donisha Reed** (2pm & 6pm, Corec, RSVP on Boilerlink)



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