<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>6PN - 7PM</td>
<td>1:00-1:30PM Booklet Dragging for English Language Development (ESL) Support Group</td>
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<td>7PM - 8PM</td>
<td>2:00-2:30PM Let's Talk</td>
<td>3:00-3:30PM Let's Talk</td>
<td>4:00-4:30PM Yoga for Mental Health</td>
<td>5:00-5:30PM Let's Talk</td>
<td>6:00-6:30PM Let's Talk</td>
<td>7:00-7:30PM Let's Talk</td>
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<td>8PM - 9PM</td>
<td>9:00-9:30PM This is How</td>
<td>10:00-10:30PM This is How</td>
<td>11:00-11:30PM Let's Talk</td>
<td>12:00-12:30PM Let's Talk</td>
<td>1:00-1:30PM Let's Talk</td>
<td>2:00-2:30PM Let's Talk</td>
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<td>9PM - 10PM</td>
<td>10:00-10:30PM Let's Talk</td>
<td>11:00-11:30PM Let's Talk</td>
<td>12:00-12:30PM Let's Talk</td>
<td>1:00-1:30PM Let's Talk</td>
<td>2:00-2:30PM Let's Talk</td>
<td>3:00-3:30PM Let's Talk</td>
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**LEGEND**
- Safer
- Counseling Services
- Health Education/PULSE
- Food Pantry
FEBRUARY WEEK ONE

FEB 2ND
- 1PM - 2PM First Year Students Drop-In Support Space
- 2:00 - 2:50PM Let’s Talk
- 6PM - 8PM Dialogue Series: Dear White People

FEB 3RD
- 11:10AM - 12:00PM Better Decisions
- 2:00 - 2:50PM Let’s Talk
- 2PM - 4PM Office Hours (Cerro Vista, 115B)
- 3:10 - 4:40PM Yoga for Mental Health

FEB 4TH
- 11:00 - 11:50AM Let’s Talk: Anything and Everything
- 11AM - 12PM Anxiety Toolbox
- 2:00 - 3:00PM ADHD Support Group
WEEK TWO

FEB 7TH
- 1PM - 2PM Anxiety Toolbox
- Love Carefully Week

FEB 8TH
- 10AM - 12PM ROOTS (Reclaiming Our Origins Through Self-Exploration: A BIPOC Support Group)
- 2:00 - 2:50PM UndocuTalk
- Love Carefully Week
- 4:30PM - 5:30PM Mustangs for Recovery Meeting

FEB 9TH
- 1:00 - 2:00PM First Year Students Drop-In Support Space
- 1:00 - 2:00PM Anxiety Toolbox
- 2:00 - 2:50PM Let’s Talk
- Love Carefully Week

FEB 10TH
- 11:10AM - 12:00PM Better Decisions
- 2:00 - 2:50PM Let’s Talk
- 2PM - 4PM Office Hours (Cerro Vista, 115B)

FEB 11TH
- 11:00 - 11:50AM Let’s Talk: Anything and Everything
- 2:00 - 3:00PM ADHD Support Group
- Love Carefully Week
WEEK THREE

FEB 15TH
- 10AM - 12PM ROOTS (Reclaiming Our Origins Through Self-Exploration: A BIPOC Support Group)
- 1:00 - 2:00PM Anxiety Toolbox
- 4:30PM - 5:30PM Mustangs for Recovery Meeting

FEB 16TH
- 1:00 - 2:00PM First Year Students Drop-In Support Space
- 2:00 - 2:50PM Let’s Talk
- 6PM - 8PM Dialogue Series: Twilight

FEB 17TH
- 11:10AM - 12:00PM Better Decisions
- 2:00 - 2:50PM Let’s Talk
- 2PM - 4PM Office Hours (Cerro Vista, 115B)
- 11AM - 2PM Body Positivity Booth (UU Plaza)

FEB 18TH
- 1:00 - 2:00PM Anxiety Toolbox
- 11:00 - 11:50AM Let’s Talk: Anything and Everything
- 2:00 - 3:00PM ADHD Support Group
WEEK FOUR

FEB 22ND
● 10AM - 12PM ROOTS (Reclaiming Our Origins Through Self-Exploration: A BIPOC Support Group)
● 4:30PM - 5:30PM Mustangs for Recovery Meeting

FEB 23RD
● 1:00 - 2:00PM First Year Students Drop-In Support Space
● 2:00 - 2:50PM Let’s Talk
● 6PM - 8PM Mental Health Dialouge Group

FEB 24TH
● 11:10AM - 12:00PM Better Decisions
● 2:00 - 2:50PM Let’s Talk
● 2PM - 4PM Office Hours (Cerro Vista, 115B)

FEB 25TH
● 11:00 - 11:50AM Let’s Talk: Anything and Everything
● 2:00 - 3:00PM ADHD Support Group