DREISER COLLEGE’S AWARD WINNING
MENTAL HEALTH WEEK
A WEEK DEVOTED TO UNDERSTANDING AND SUPPORTING MENTAL HEALTH IN OURSELVES AND OTHERS

8PM Monday 4/4
The Power of Compliments
Dreiser Classroom
Join RA Diksha and RA Jonathan to discuss how to be positive

8PM Wednesday 4/6
GLOWGA
Dreiser Classroom
Destress and join RA Derrick, RA Hiba, and Abbie Cobb in glow-in-the-dark yoga

6PM Friday 4/8
Let It Out!
Dreiser Patio
Let it all out and share your feelings with the RA Staff and Hall Council as we close out the week

9:30PM Tuesday 4/5
TBT Tea and Poetree
Dreiser Classroom
Join Hall Council in an environmental chill and throwback poetry jam

8PM Thursday 4/7
GAHHH!
Dreiser Classroom
Join RA Colleen and RA Matt to discuss what to do with your negative feelings