**September – Recovery Month and Suicide Prevention Month**

| September 7th  5-6pm | Well-being Wednesdays : Making Friends  and Exploring Personal Values | Peters Hall Room 129 |
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| September 8th  12-1pm | Work on Wellness: Visions and Values | Counseling Center |
| September 14th  5-6pm | Well-being Wednesdays: Well-being Resources | Peters Hall Room 129 |
| September 15th  12-1pm | Work on Wellness: Feelings and Substance Use | Counseling Center |
| September 19th  7pm | Jesse Kohler, Executive Director of the Center for Trauma-Informed Policy and Practice | Wilder Hall Room 101 |
| September 21st  3-4 pm | Write a Message of Gratitude | Wilder Lobby |
| September 21st  5-6 pm | Well-being Wednesdays: Tuning into meet your basic needs | Peters Hall Room 129 |
| September 22nd  12-1pm | Work on Wellness: Grounding Techniques | Counseling Center |
| September 22nd  6pm | Suicide Prevention Technique: Question, Persuade, Refer for Students and the Community | Oberlin Public Library Community Room |
| September 23rd  12-1pm | Center for Student Success Wellness Skills for Student Success: Learning to Cope | King Building Room 239 |
| September 28th  5-6pm | Well-being Wednesdays: Setting SMART goals | Peters Hall Room 129 |
| September 29th  12-1 pm | Work on Wellness: Poetry and Reflection | Counseling Center |

**October is Domestic Violence Month and Sober Month**

| October 6th  12-1pm | Work on Wellness: Setting up your dorm room for optimal health | Counseling Center |
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| October 12th  5-6 pm | Well-being Wednesdays: Identifying your Resilient Traits | Peters Hall Room 129 |
| October 13th  12-1 pm | Work on Wellness: Healthy and Unhealthy Relationships | Counseling Center |
| October 26th  5-6 pm | Well-being Wednesdays: Reflect and Celebrate Progress | Peters Hall Room 129 |
| October 27th  12-1 pm | Work on Wellness: Balance | Counseling Center |
| October 27th  11-4 pm | STI/HIV Free Testing Narcan Distribution (LCFP/LCPH) | Wilder Room 211 |

**November is National Diabetes Month**

| November 2nd  5-6 pm | Well-being Wednesdays:  Finding your Purpose | Peters Room 129 |
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| November 3rd  12-1 pm | Work on Wellness: Mindfulness | Counseling Center |
| November 9th  5-6 pm | Well-being Wednesdays:  Developing Healthy Relationships | Peters Room 129 |
| November 10th  12-1 pm | Work on Wellness: Social Wellness | Counseling Center |
| November 10th  3-5 pm | Diabetes Risk Test | Table in Wilder or Wilder Bowl (weather permitting) |
| November 16th  5-6 pm | Well-being Wednesdays:  Discover your Spending Animal | Peters Hall Room 129 |
| November 17th  12-1 pm | Work on Wellness: Walk if good Weather/ Sleep Hygiene if bad weather | Counseling Center |
| November 18th  12-1 pm | CSS: Wellness Skills for Student Success – How to Help a Friend in Need | King Building Room 239 |
| November 23rd  5-6 pm | Well-being Wednesdays: Tracking your Spending without Judgement | Peters Hall Room 129 |
| November 28th  5-6 pm | Well-being Wednesdays:  Understanding Banks and the FDIC | Peters Hall Room 120 |

**December is National Pastry Month**

| December 1st  12-1pm | Work on Wellness: Financial Wellness | Counseling Center |
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| December 7th  5-6 pm | Well-being Wednesdays: Reflect and Celebrate Progress | Peters Hall Room 120 |
| December 8th  12-1 pm | Work on Wellness: Feelings Uno | Counseling Center |
| December 13th  12-3 pm | Celebrate the **Last Day** of Classes with Campus Safety and Wellbeing – Enjoy a Snoogle from Kiedrowski’s famous local bakery on us! | Wilder Hall  Main Lobby |

**February is Black History Month and Heart Disease Month**

| Friday, February 3rd | Wear Red for Heart Disease Day |  |
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**March is Colon Cancer Month**

| TBA | Colon Cancer Awareness |  |
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**April is Sexual Assault Awareness Month and National Alcohol Awareness Month**

| TBA | Alcohol Screenings in Stevie |  |
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**May is National Mental Health Month**

| TBA | Mental Health events |  |
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