

College Mental Health Programs
at Boston University
presents

Fall 2020 ACTIVITIES

A variety of free, peer-led classes, hangouts, workouts and more offered online Monday-Friday. Activity themes range from music & visual arts to games & sports. All activities promote community, collegiate resilience & wellness.

September 14th – December 11th 2020

For more information contact Program Director,
Courtney Joly-Lowdermilk, 617-483-3827 or
cjoly@bu.edu

**TO GET STARTED
TEXT: JOIN ACTIVITIES
to 617-483-3827**



Monday

Transfer Workshop
11:00 am -12:00 pm
Zoom: 276-451-0766

Walking Club
In Boston
1:00-2:00 pm
Meeting Location on GroupMe

Study Hall with Isaac
2:00-3:00 pm
Zoom: 468-817-1349

Just Some News with Sam
3:00-3:45 pm
Zoom: 777-951-1143

Art Challenge with Sarah
4:00-4:45 pm
Zoom: 777-951-1143

Healthy Relationships with Chelsea & Sam
3:30-5:00 pm
Zoom: 276-451-0766

Tuesday

Study Hall with Ellie
2:00-3:00 pm
Zoom: 468-817-1349

Writing Lab with Caitrin
3:00-4:00 pm
Zoom: 229-556-1968

Harry Potter Club with Pooja
4:00-4:45 pm
Zoom: 777-951-1143

Wednesday

Coffee & Conversation
In Boston
1:00-2:00 pm
Meeting Location on GroupMe

Study Hall with Isaac
2:00-3:00 pm
Zoom: 468-817-1349

Creative Writing with Josh
3:00-3:45 pm
Zoom: 777-951-1143

The Comedy Hour with David
4:00-4:45 pm
Zoom: 777-951-1143

Transfer Workshop
4-5:00 pm
Zoom: 276-451-0766

Thursday

Study Hall with Ellie
2:00-3:00 pm
Zoom: 468-817-1349

Let's Talk about Food with Pooja
3:00-3:45 pm
Zoom: 777-951-1143

What the History? with Sam
4:00-4:45 pm
Zoom: 777-951-1143

LEAD BU with Sam & Juan
3:30-5:00 pm
Zoom: 468-817-1349

Friday

Music & Community with Josh
2:00-2:45 pm
Zoom: 777-951-1143

Arts & Community with Sarah
3:00-3:45 pm
Zoom: 777-951-1143

My Boston Outing with Hury & Rachael
3:00-4:30 pm
Location on GroupMe

Jackbox Games with David
4:00-4:45 pm
Zoom: 777-951-1143