



FALL 2021 ACTIVITIES

Our College Mental Health Education Activities at Boston University are open to young adults 18-24 interested in building academic, personal, & social skills, supports, and wellbeing.

All classes are **FREE, OPEN-ENROLLMENT** and run 9/13/21 – 12/10/21.

Contact Program Directors, Paul cherchia@bu.edu or Chelsea lcobb@bu.edu to enroll.

MONDAY	<p>MY BOSTON 3:00-4:00 pm EST</p> <p>Adventure through the city of Boston. Discover new spaces – parks, museums, restaurants, & more – while building your network of same-age peers. In Person: 940 Comm Ave</p>	<p>TRANSFER WORKSHOP 4:00-5:00 pm EST</p> <p>Join us Sept 20 – Oct 25 for support exploring transfer college options and navigating the transfer process. Hybrid: In Person & Online</p>
TUESDAY	<p>LEAD CMHEP 3:30-5:00 pm EST</p> <p>Learn and practice critical collegiate academic skills, wellness strategies, work habits, and communication and relationship skills for living well and balancing school & life responsibilities. Build community, belonging, and lasting relationships with young adult same-age peers. Hybrid Class: In Person & Online</p>	
WEDNESDAY	<p>ARTS & COMMUNITY 3:00-5:00 pm EST</p> <p>Express your creative self here through various artistic projects and media, including sculpture making across styles and media. Artists and creative minds at all levels are welcome. In Person: 940 Comm Ave</p>	<p>HEALTHY RELATIONSHIPS 4:00-5:00 pm EST</p> <p>Practice & develop skills critical for understanding, building & maintaining healthy interpersonal connections with individuals in your communities – classmates, peers, friends, partners, and roommates. Hybrid: In Person & Online</p>
THURSDAY	<p>LEAD ESPAÑOL 3:30-5:00 pm EST</p> <p>Learn and practice critical collegiate academic skills, wellness strategies, work habits, and communication and relationship skills for living well and balancing school & life responsibilities. Build community, belonging, and lasting relationships with young adult same-age peers. Hybrid Class: In Person & Online</p>	
FRIDAY	<p>ZOOM ZONE 2:00-3:00 pm EST</p> <p>Get your weekend off to a productive start in this shared “get it done” zone that offers support and accountability to cross off your to-do list items: schedule, organize, study, etc. Online</p>	<p>CREATIVE WRITING 3:00-4:00 pm EST</p> <p>Join us for some time to cultivate and express your creativity and use your imagination. Through different genres, we hope to inspire and support writers at all levels. Online</p>