



# CMHEP: College Mental Health Education Programs Fall 2021

## **LEAD for Collegiate Resilience**

free, open-enrollment class to build wellness, community & collegiate skills

*Tuesday 3:30–5:00 pm EST*

*September 14 – December 14, 2021*

**Text 857-337-4548 for more info**

## **LEAD Español**

free, open-enrollment class to build wellness, community & collegiate skills taught in Spanish

*Thursdays 3:30–5:00 pm EST*

*September 16 – December 16, 2021*

**Text 617-352-3770 for more info**

## **LEAD @ BU HE102**

Boston University course to build wellness, community & collegiate skills

*Thursdays 3:30–5:00 pm EST*

*September 2 – December 9, 2021*

**Text 857-337-4548 for more info**

## **PASS Peer Academic Support for Success**

one-on-one peer academic coaching for first & second-year students to navigate collegiate wellness & belonging

**Text 857-337-4548 for more info**

## **College Coaching**

one-on-one support managing coursework, wellness, and collegiate resilience & thriving

*Available all semester*

**Text 857-337-4548 for more info**

## **NITEO: *Latin “to thrive”***

semester-long, supportive skills-building program preparing students for a return to school &/or work

*September 6 – December 17, 2021*

**Text 857-225-0230 for more info**

## **Healthy Relationships**

free course for building meaningful friend, peer, & partner connections

*Wednesdays 4:00–5:00 pm EST*

*September 15 – December 15, 2021*

**Text 857-225-0230 for more info**

## **College Transfer Workshop Series**

free workshop series supporting young adults to successfully navigate the college transfer process

*Mondays 4:00–5:00 pm EST*

*September 20 – October 25, 2021*

**Text 857-225-0230 for more info**

## **Peer-run Activities**

a range of weekly outings & workshops to build belonging & community

*September 13 – December 10, 2021*

**Text 857-225-0230 for more info**

