

COLLEGE MENTAL HEALTH EDUCATION PROGRAM

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

Contact Program Directors, [Paul cherchia@bu.edu](mailto:Paul_cherchia@bu.edu) 857-337-4548, or [Chelsea cicobb@bu.edu](mailto:Chelsea_cicobb@bu.edu) 875-225-0230 to enroll



College Coaching:

one-on-one support managing coursework, wellness and collegiate resilience
Available all Semester



NITEO: Latin "to thrive":

semester-long, supportive skills-building program preparing students for school &/or work
January 24th- May 6th 2022

LEAD for Collegiate Resilience:

free, open-enrollment class to build wellness community & collegiate skills
Tuesday 3:30-5:00pm EST
January 25th- April 26th, 2022



Healthy Relationships:

Free course for building friend, peer & partner connections
Wednesday 4:00-5:00pm EST
January 26th- April 27th, 2022



LEAD Espanol:

free, open-enrollment class to build wellness community & collegiate skills in Spanish
Thursday 3:30-5:00pm EST
January 27th- April 28th, 2022

Peer- run Activities:

a range of weekly outing & workshops to build belonging and community
January 24th- April 29th, 2022

LEAD @ BU PDP HE102:

Boston University course to build wellness community & collegiate skills

Thursday 3:30-5:00pm EST
January 20th- April 28th, 2022



PASS Peer Academic Support for Success:

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



College Transfer Workshop:

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

Mondays 4:00-5:00pm EST
January 31st- February 28th, 2022



For Families and Care Givers: Flourishing Families: workshops, parent & caregiver coaching & community conversation for building skills in communicating with and supporting your young adults in a health promoting way

7:00-9:00pm EST

In person: January 25th- February 22nd, 2022

Online: January 27th- February 24th, 2022

SPRING 2022