

# Weekly Events

@healthydepaul



# HEALTH PROMOTION AND WELLNESS

## Autumn Quarter Calendar

This is an interactive calendar -- click the title or dehub link to go to the web-page

RSVP for all events on DeHUB: Search Health Promotion and Wellness

**DEHUB**

### Hot Seat with HEAT Mondays

6:00 pm on Instagram @healthydepaul

Join the HEAT peer educators as they chat with relevant on and off-campus resources and hear how they promote health and wellness in their communities.

### Donut Wait to Get Help Tuesdays

1:00 pm on Facebook @healthydepaul

Join us on Facebook every Tuesday to learn more about the DePaul campus and community resources and services available to you. Each week we will spotlight a new campus or community partner and talk about the barriers to seeking help as well as the services and resources they can provide you.

### Wellness Wednesdays

6:00 pm on Facebook @healthydepaul

Tune in to our weekly "Wellness Wednesday" series where HEAT peer educators share resources and information to TAKE CARE OF YOURSELF, EACH OTHER & our DePaul community.

### Recovery and Refresh Your Sleep Thursdays

Recovery Community Meetings, 5:00 pm - 6:30 pm

Join our peer support group for DePaul students who identify as being in any type of recovery. Find the weekly link on DeHUB or email [hpw@depaul.edu](mailto:hpw@depaul.edu) if you are interested in joining the group.

[Refresh Your Sleep | Education Delivered Via Email](#)

Join the Refresh Sleep program and receive weekly emails every Thursday on tips and resources to improve your sleep. Sign up at [go.depaul.edu/wellbeing](https://go.depaul.edu/wellbeing)

### Educational Fridays

Choices: Harm Reduction Education, 2:00 pm - 4:00 pm

Join HEAT peer educators to reflect and learn about your behaviors around cannabis and alcohol use. This is a space to increase your education and awareness and to reflect on your relationship with substances in a non-judgmental space. You will have the opportunity to identify steps to help you reach your desired health goals. Some sessions are focused on alcohol while others will be focused on cannabis. [Find the link on DeHUB or email \[hpw@depaul.edu\]\(mailto:hpw@depaul.edu\) for more information.](#)

## September Events

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### Sept. 11th | HPW x OMSS Workshop

3:30 pm - 4:30 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7319>)

Join HPW and OMSS for a discussion on anxiety and coping with change and transition. This is a safe space for students to share their experiences and ask important questions.

### Sept. 17th | 2020 Ain't Cancelled Workshop

7:00 pm - 8:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7799>)

Join HEAT for support on planning a successful academic year. We will be providing tangible tips and tricks to keep you focused and excelling in school.

### Sept. 18th | SEEDS Intro Night

Sept. 23rd 2:00 pm - 3:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7313>)

Join the Substance-free Environment Empowering DePaul Students (SEEDS) to meet other DePaul students who are committed to living life substance-free.

### Sept. 18th | Global Coffee

3:00 pm - 4:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7437>)

Join HEAT for support and insight on relationships. Making friends and keeping friends!

### Sept. 21st | Recovery Ally Training

3:00 pm - 5:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7324>)

DePaul students, staff, and faculty - join to become a Blue Demon Recovery Ally. Join to understand recovery, fight stigma, and advocate for students in recovery.

### Sept. 22nd | Yoga for Recovery

5:00 pm - 6:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7316>)

Join Campus Recreation and HPW in celebrating National Recovery Month. We'll be hosting a virtual yoga class focused on recuperation and recovery of the mind, body, and spirit.

### Vinny Vow Bystander Intervention Workshop

All sessions will be held on Zoom | RSVP on DeHUB

Join HPW to learn more about how to be an active bystander in any situation (in-person or digital). You will learn skills to intervene and provide assistance in a timely manner.

Sept. 15th 5:00 pm - 8:00 pm - <http://dehub.cglink.me/r7425>

Sept. 24th 1:00 pm - 4:00 pm - <http://dehub.cglink.me/r7429>

Sept. 29th 5:00 pm - 8:00 pm - <http://dehub.cglink.me/r7426>

### Sept. 23rd | Motivational Interviewing

2:30 pm - 4:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7334>)

Join HPW to learn skills for supporting students who may be lacking in motivation, looking to change behaviors, or generally needing support. By attending, you will learn concrete tools and strategies to help you improve your ability to support students.

### Sept. 25th | Narcan Training

10:00 am - 11:30 am on Zoom (Sign-up: <http://dehub.cglink.me/r7337>)

Join HPW for a training on Narcan, an opioid overdose reversal agent. During this training you will learn about the importance of destigmatization, how to assess the need for and provide Narcan, and how to link yourself or others to resources on and off campus.

### Sept. 25th | Q&A with Students in Recovery

3:00 pm - 4:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7338>)

Join DePaul's Collegiate Recovery Community and HPW in celebrating National Recovery Month. Join to learn about what recovery looks like at DePaul, to ask any questions you may have about recovery, and to show your support and advocate for recovery.

### Sept. 30th | Sex in the Dark

7:00 pm - 8:30 pm on Facebook @healthydepaul

Join HPW for our signature event, Sex in the Dark!! We will have a panel of experts that will answer your questions around sex, pleasure and more! Submit questions during the live event!

# October Events

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### Oct. 8th | Things We Don't Say Workshop

7:00 pm - 8:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7784>)

Join HEAT peer educators for an educational workshop on mental health and well-being. Learn more about caring for yourself and others.

### Oct. 9th | HPW x OMSS Workshop

3:30 pm - 4:30 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7320>)

Join HPW and OMSS for a discussion on healthy boundaries. This is a safe space for students to share their experiences and ask important questions.

### Oct. 12th | Trauma Informed Care

5:00 pm - 6:30 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7726>)

Join our community partner, Resilience, to understand the basics of trauma, how it impacts the body, and practical strategies to manage trauma symptoms.

Participants will walk away with a better understanding of trauma and how to rebuild trust with their bodies.

### Oct. 16th | Global Coffee

3:00 pm - 4:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7439>)

Join HEAT for support and resources on how to be a successful (virtual) student.

### Oct. 16th | Narcan Training

10:00 am - 11:30 am pm on Zoom (Sign-up: <http://dehub.cglink.me/r7342>)

Join HPW for a training on Narcan, an opioid overdose reversal agent. During this training you will learn about the importance of destigmatization, how to assess the need for and provide Narcan, and how to link yourself or others to resources on and off campus.

### Vinny Vow Bystander Intervention Workshop

All sessions will be held on Zoom | RSVP on DeHUB

Join HPW to learn more about how to be an active bystander in any situation (in-person or digital). You will learn skills to intervene and provide assistance in a timely manner.

Oct. 8th 1:00 pm - 4:00 pm - <http://dehub.cglink.me/r7430>

Oct. 13th 5:00 pm - 8:00 pm - <http://dehub.cglink.me/r7427>

Oct. 22nd 1:00 pm - 4:00 pm - <http://dehub.cglink.me/r7431>

Oct. 27th 5:00 pm - 8:00 pm - <http://dehub.cglink.me/r7428>

### Oct. 23rd | Motivational Interviewing

3:00 pm - 4:30 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7344>)

Join HPW to learn skills for supporting students who may be lacking in motivation, looking to change behaviors, or generally needing support. By attending, you will learn concrete tools and strategies to help you improve your ability to support students.

### Oct. 26th | Nightmare on Sheffield

7:00 pm - 9:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7733>)

Join HPW's HEAT peer health educators for a night of spooky, halloween fun. We'll talk about harm reduction strategies, discuss Halloween safety, and explore substance-free celebrations too.

### Oct. 29th | Mental Health First Aid Training

12:30 pm - 5:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7874>)

Join HPW to learn the basic 1st Aider skills needed to help someone that is experiencing a mental health illness or crisis. This training provides you with the certification as a 1st Aider and skills application to use in real life situations as well as learning more about DePaul and community mental health resources.

### Oct. 30th | SEEDS

2:00 pm - 3:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7314>)

Join the Substance-free Environment Empowering DePaul Students (SEEDS) to meet other DePaul students who are committed to living life substance-free. The theme of this community night is: Emotional Wellness.

Nov. & Dec.  
Events

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### Nov. 5th | Vinny Vow Bystander Intervention

1:00 - 4:00 pm (Sign-up: <http://dehub.cglink.me/r7432>)

Join HPW to learn more about how to be an active bystander in any situation (in-person or digital). You will learn skills to intervene and provide assistance in a timely manner.

### Nov. 6th | Building Motivation

3:00 pm - 4:30 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7734>)

Join HPW to learn about the stages of change and concrete strategies to understand and build your motivation.

### Nov. 12th | Preparing for Finals Workshop

7:00 pm - 8:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7798>)

Join the HEAT peer educators for education and support in preparation for finals. Discussions will be about getting quality sleep, study drugs and substance use particularly around finals.

### Nov. 13th | SEEDS

2:00 pm - 3:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7315>)

Join the Substance-free Environment Empowering DePaul Students (SEEDS) to meet other DePaul students who are committed to living life substance-free. The theme of this community night is: Intellectual Wellness

### Nov. 13th | HPW x OMSS Workshop

3:30 pm - 4:30 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7321>)

Join HPW and OMSS for a discussion on self-care. This is a safe space for students to share their experiences and ask important questions.

### Nov. 23rd | Mental Health First Aid Training

12:30 pm - 5:00 pm on Zoom (Sign-up: <http://dehub.cglink.me/r7873>)

Join HPW to learn the basic 1st Aider skills needed to help someone that is experiencing a mental health illness or crisis. This training provides you with the certification as a 1st Aider and skills application to use in real life situations as well as learning more about DePaul and community mental health resources.

### December 3rd | Neurobiology of Trauma

10:00 am - 11:30 am on Zoom (<http://dehub.cglink.me/r7725>)

In this experiential workshop, participants will learn how traumatic experiences impact the brain and nervous system, increase awareness of diverse physiological and emotional survival responses, and apply this knowledge to practicing first responder effectiveness. Information about sexual violence and survivorship is oriented within the larger, often stigmatized, sociopolitical context, emphasizing the importance of trauma-informed and survivor-centered crisis intervention. This training will be facilitated by Resilience.

### December 4th | Recovery Ally Training

10:00 am - 11:30 00 am on Zoom (Sign-up: <http://dehub.cglink.me/r7735>)

DePaul students, staff, and faculty - join to become a Blue Demon Recovery Ally. Join to understand recovery, fight stigma, and advocate for students in recovery.