Mondays
Empowerment through Music @10-11:30AM
- Empowering Asian Voices @11-12:30PM
Understanding Self & Others @1-2:30PM
- Trans Empowerment @1-2:30PM
  Perfectly Whole @1-2:30PM
International Student Support @1-2:30PM
- Sister Circle @3-4:30PM
  Self-Compassion @3-4:30PM
- Survivors of Suicide @3-4:30PM
Understanding Self & Others @3-4:30PM

Tuesdays
- Women’s Family @10-11:30AM
Understanding Self & Others @12:30-2PM
  Mindfulness @10:30-Noon
- Trans Empowerment @1-2:30PM
  Relationships @1-2:30PM
- Building Social Confidence @1-2:30PM

Wednesdays
- Depression Support @10:30-Noon
  Grad Support @10:30-Noon
  Living with ADHD @12:30-2PM
  I Thought It Was Me @1-2:30PM
  Black Empowerment @1-2:30PM
  Body Wellness @3-4:30PM
  Women’s Empowerment @3-4:30PM
  COPE @3-4:30PM

Thursdays
Understanding Self & Others @10-11:30AM
- Q Support @11-12:30PM
Understanding Self & Others @1-2:30PM
- Anxiety Support @10-11:30AM
  Mi Gente @11-12:30PM
Understanding Self & Others @1-2:30PM
  ACE Support @1-2:30PM
  Safety & Self Care @1-2:30PM
- Living with Health Concerns @1-2:30PM
  Relationships @1-2:30PM
- I Thought It Was Me @3-4:30PM
  Self-Compassion @3-4:30PM
  Grief & Loss @3-4:30PM

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