

Spring 2022

COUNSELING SERVICES

health + wellness calendar



THE UNIVERSITY of
NEW ORLEANS

Events are open to all UNO students! Check the Student Life Calendar and Instagram @unocounselingservices for updated information, virtual links, upcoming events, and groups.

Thurs, Jan. 27	12:00 – 1:30 pm	University Center	Start Fresh Fest Allow numerous campus departments, student organizations, and community organizations to introduce themselves to you and provide you with resources to help you have a FRESH start at UNO! <i>Counseling Services will be hosting the owner of Magnolia Studios, the first Black-owned yoga studio in New Orleans!</i> *the HUB event
Mon, Feb. 14 (Love Yourself Week)	TBD	TBD	Mindfulness Monday Pt. I: Self Love Yoga Empowerment Join us in a yoga and meditation practice to either start or continue your journey of self-love and learning to accept yourself exactly as you are
Tues, Feb. 15 (Love Yourself Week)	12:00- 1:30 pm	University Center	Treat yo'self Tuesday Stop by for a yummy treat! You deserve it!
Wed, Feb. 16 (Love Yourself week)	TBD	TBD	Work it out Wednesday Work some of that stress out by working your body out! Join us for an eventful HIIT workout class, suitable for any level!
Thurs, Feb. 17 (Love yourself week)	11:00 – 1:00 pm	University Center (room 204)	Thankful Thursday Thank yourself for being you! Stop by and write yourself an affirmation that gives you the confidence to overcome obstacles, and help you to become a well-rounded individual!
Fri, Feb. 18 (Love Yourself Week)	Social Media	All Day	Free Yourself Friday Post yourself on social media doing an activity that helps you free your mind! Use the hashtag, #UNOCS, to be entered to win a prize! The winner(s) will be announced on our Instagram page on Mon, Feb. 21 st .
Mon, Mar. 14	9:00 – 10:00 am	University Center (Room 208)	Mindfulness Monday Pt. II: Coffee with Counselors Come meet members of the counseling services team over coffee and learn some destressing techniques for midterms! Get to know the team, our services, and enjoy a cup of joe on us!
Thurs, Mar. 17	5:00 – 7:00 pm	University Center (Room 208)	Paint & Snack Meditative painting is a form of expression in which participants release negative energy and stressors. No skill is required here, and the art can be as abstract or realistic as you want. Release your inhibitions and have a snack!
Details coming soon!			Multicultural Leadership Institute
Mon, Apr. 11	1:00 – 2:00 pm	University Center Lobby	Mindfulness Monday Pt. III: Mindful Eating It's National Nutrition Month! Let us introduce you to mindful eating and offer nutrition resources. FREE snacks included!
Mon, May 9	TBD	TBD	Mindfulness Monday Pt. IV: Final Meditation Connect mind and body with our final Mindfulness Monday event of the semester! Join us to focus on using movement to stay present and grounded.
Wed, May 18	11:00 am – 1:00	University Center (outside, front entrance)	Pause for Paws We're here to help you ease that finals stress! Puppies are coming to campus!

For disability-related accommodations or questions about any of these events, please contact: Michaela Godfrey, Outreach and Referral Coordinator at 504-280-6168.