You are NOT alone. If you don’t feel quite right, talk to someone.

Ask your friends, ru ok?

FEBRUARY: 2/3
Your fortune says “It’s On Us”
Cafeteria 10:30 am - 1 pm
Check out our fortune cookies and learn how to be an up-stander.
Take photos at our “us”ile booth.
Visit www.itsonus.org to take the pledge.

WORKSHOP Series
Attend 3 workshops to be entered into a GC drawing
#1 of 4 - Dollars and Sense
2:30 - 4 pm, CTE 160
Basics of money management: how to budget/prioritize your money

MARCH: 3/10
Ready... Set... SPRING BREAK!
Join CAT in the Cafeteria from 10:30 am - 1 pm
Earn a t-shirt by participating in various activities.

WORKSHOP Series
Attend 3 workshops to be entered into a GC drawing
#2 of 4 - Make Yourself at Home
2:30 - 4 pm, CTE 160
Learn how to do basic laundry, cleaning, maintenance, and cooking.

APRIL: 4/7
The Clothesline Project
Cafeteria 10:30 am - 1 pm
Come by and paint a t-shirt to express your emotions related to issues of violence.
Shirts will be displayed at Take Back the Night on April 30th.
Donations of clean new/used t-shirts can be dropped any time at the Student Center Office 202-A or at the Viking Woods Clubhouse.

WORKSHOP Series
Attend 3 workshops to be entered into a GC drawing
#3 of 4 - Healthy Habits Boot Camp
2:30 - 4 pm, CTE 160
How to be sure you are taking care of yourself

MAY: 5/5
Launch Party: A Year in Review
Ready to Graduate? Moving out on your own? Moving back in with your family? Searching for a job?
Come by the Central Lawn from 10:30 am - 1 pm
Let’s talk about healthy transitions and any additional resources we can provide before summer begins.
Snacks available.
Paper air plane contest.

WORKSHOP Series
Attend 3 workshops to be entered into a GC drawing
#4 of 4 - Mind Over Matter
2:30 - 4 pm, CTE 160
Getting to know “ME”: professionalism; problem solve for success; take steps toward your goals.

T-shirts available for $3 at events
First Tuesday of each month wear your t-shirt and join us around campus for a chance to win!

COMTREA — 636.481.3233
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636.481.3296