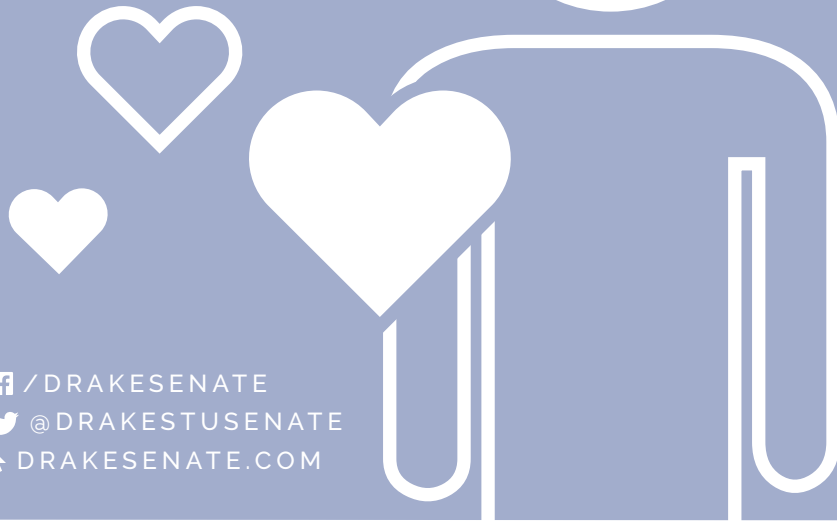




LEAD Concentration

CASE MANAGER OF THE DEAN OF STUDENTS  
DRAKE COUNSELING CENTER

# SELF CARE WEEK



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Sunday, February 11

**Griff + Tips for Reducing Stress** from the  
Counseling Center + **Guided Meditation** by  
Kim Garin

2-5 pm — Reading Room — Cowles Library

Monday, February 12

**Breaking the Cycle of Stress**  
with Jennifer Drew from NAMI  
6-7:30 pm — Cowles Library 201

Tuesday, February 13

**Puppy Jake Informational Session**  
11 am-1 pm — Pomerantz Conference Room — Olmsted

Wednesday, February 14

**Self-Care Fair**  
Wellness, Counseling, Music Therapy, and Massage Chairs  
11 am-1 pm — Olmsted Breezeway and Parents Hall

Thursday, February 15

**Confessions with the Counselors**  
11-2 pm — Drake Room

Thursday, February 15

**Talk Saves Lives: An Introduction to Suicide  
Prevention** with Ryan Nesbitt from the  
American Foundation for Suicide Prevention  
6-8 pm — Sussman Theater