

GRADUATE, PROFESSIONAL, AND POSTDOC

MENTAL HEALTH AWARENESS WEEK

October 7-11, 2019

Monday, October 7th

[Mental Health Personal Story-Telling](#)

Gatton Business School, Room 434UV

12pm - 1:30pm

Lunch provided

Tuesday, October 8th

[Mental Health Resource Fair](#)

Ezra Gillis Front Lawn, 11am - 3pm

Partners: UK Counseling Center, Office of Institutional Diversity, Center for Graduate and Professional Development

Stop by for coffee/donuts

[Self-Care Workshop](#)

Frazer Hall Room 203, 12pm - 1pm

Partner: UK Counseling center

Lunch provided

[Test Anxiety Workshop](#)

Frazer Hall Room 203, 1pm - 2pm

Partner: UK Counseling Center

Wednesday, October 9th

[Keynote: Della Mosley](#)

Main Building, LEXMARK Room

12pm - 1pm

Partner: UK Black Graduate and Professional Students Association

Register at

<https://forms.gle/YsZHEgHwAVqfL0jH28>

[Test Anxiety Workshop](#)

Frazer Hall Room 203, 1pm - 2pm

Partner: UK Counseling center

Thursday, October 10th

[Identity Energy Workshop](#)

Ezra Gillis Building Room 104, 9:30 - 11am

Partner: UK College of Arts and Sciences

Breakfast provided

[Mental Health Screening day](#)

Gatton Student Center, William T Young Library, & Kentucky Clinic, 10am - 3pm

Partner(s): UK Counseling center

Friday, October 11th

[Emotional Intelligence Workshop](#)

Gatton Student Center: MLK center

12pm - 1:30pm

Partner(s): Society of Postdoctoral Scholars, Human Resources

[Sign in with linkblue ID and earn credit!!](#)

Lunch provided

[Mental Health Celebration Gala](#)

Alumni Gallery, William T Young Library 3pm - 4:30pm

RSVP at <http://bit.ly/2mVCO0F>



For more information visit
www.uky.edu/gsc/2019MHAW

