

# **RAD CARE** **TUESDAYS**

**Connection, Education, & Free Food!**

**Every Tuesday**  
**Spring Semester**  
**1PM – 2PM**



[health.fullcoll.edu](http://health.fullcoll.edu)

# RAD CARE TUESDAYS

**Every Tuesday for Spring Semester from 1PM – 2PM**

## Weekly Themes:

Date	Theme	Location
2/6	Family Dynamics	Cruz Reynoso Hall, Rm 227
2/13	Becoming your Authentic Self	Cruz Reynoso Hall, Rm 229
2/20	Managing Academic Stress	Cruz Reynoso Hall, Rm 227
2/27	How to Build Healthy Relationships	Cruz Reynoso Hall, Rm 229
3/5	Grief & Loss	Cruz Reynoso Hall, Rm 227
3/12	Narcan Training	Cruz Reynoso Hall, Rm 229
3/19	Sleep Tips	Cruz Reynoso Hall, Rm 227
4/2	Feelings Wheel	Cruz Reynoso Hall, Rm 227
4/9	Games in the Quad	QUAD
4/16	Gratitude Practices	Cruz Reynoso Hall, Rm 227
4/23	Spring Health Fair, 11 AM - 2 PM	QUAD
4/30	Mindfulness Walk	Meet in front of the Library
5/7	Food & Feelings	Cruz Reynoso Hall, Rm 227

## Additional Mental Health Support Groups:

### Beyond the Spectrum - A neurodivergent brave space

Wednesdays, 2:30 PM - 4:00 PM

Building, 2400, Rm 128

### Anger Management Group

Starts April 3rd | Meets weekly on Wednesdays for 5 weeks

11 AM - 12:30 PM | Cruz Reynoso Hall, Room 227

