



Mental Health Week

Monday, April 5

- CAPS Tabling Event from 10am -4pm
- CAPS Well-being Seminar: Navigating Through Grief from 2:15-3:45pm
- "In My Mind" Open Mic @ 7:00 p.m. Hosted by CAPS Interns.

Tuesday, April 6

CAPS Well-being Seminar: Relationships @ 12:00 p.m. [Link here.](#)

Wednesday, April 7-Wellness Wednesday!

- CAPS Well-being Seminar: Stress @ 3:00pm
- Mental Health Walk from 10am-4pm
- Recovery Lounge Open House in Sarah Burnet from 10am-1pm

Thursday, April 8

- CAPS Well-being Seminar: Emotions @ 2:00 p.m.
- "New Normal Presentation" @ 7:00 p.m. (Presentation on the transition to the new normal with Covid and Zoom fatigue). Hosted by CAPS Interns & Dr. Charlynn Small.

Friday, April 9

Race & Mental Health @ 5:00 p.m.: Join CAPS doctoral interns, Amber Livingston and Eryn DeLaney, as they discuss race, mental health, and racial battle fatigue in communities of color.

For more information about CAPS services, please visit
caps.richmond.edu

