

FRIDAY, SEPTEMBER 24

# Reflection and Self Care Events

SAINT LOUIS UNIVERSITY™

8:30-11 A.M. | CLOCK TOWER

## JAVA WITH THE JESUITS

Hosted by Mission & Identity

9-10 A.M. | OUTSIDE CGC

## GARDEN OF HOPE:

Visit the CGC Patio to decorate a miniature flag or stone with messages of hope, love, or inspiration. Items will be displayed on the lawn outside SLURuba.

Hosted by Student Involvement Center

9-10 A.M. | DUBOURG QUAD

## MINDFUL YOGA ON THE QUAD

PRESENTED BY COLLEEN CAUL  
(MINIMAL MATS PROVIDED, PLEASE BYO IF POSSIBLE)

Hosted by Campus Rec & Wellness

9-11 A.M. | CLOCK TOWER

## PAWS ON FRIDAY: BRING YOUR DOG TO WORK

Join faculty, staff and their canine friends at the Clock Tower for some fur-baby love.

10AM-11 A.M. | CSB - AB AUD.

## LISTENING FROM THE HEART: ACKNOWLEDGING AND CONNECTING

Join us in the AB Auditorium this Friday for an opportunity to converse and find support in the SLU Community. We will begin in the auditorium with an opening from Dean Gupta, followed by a message on inclusion, impact and safety. Then we will move into facilitated breakout rooms. Coffee, tea, and snacks will be provided.

Hosted by Chaifetz School of Business

10-11 A.M. | SIMON RECREATION CENTER

## MEDITATIVE YOGA

PRESENTED BY SARAH GOBLE  
(LIMITED CLASS SIZE, REGISTRATION REQUIRED AT [SHOPCAMPUSREC.SLU.EDU](http://SHOPCAMPUSREC.SLU.EDU))

Hosted by Campus Rec & Wellness

10 A.M. - 4 P.M. | BSC AMPHITHEATRE

## ART & HEALING SPACE

Join The Justice Fleet for some art and healing therapy. We will have three exhibits on deck: Radical Forgiveness, Radical Imagination and Grief Garden exercises.

Hosted by Diversity and Community Engagement & The Institute for healing Justice and Equity

10 A.M. - 4 P.M. | BSC AMPHITHEATRE

## FOR WHOM THE BELL TOLLS

A sound therapy exercise meant to create unity and a sense of community during the grieving process

Hosted by Diversity and Community Engagement

10 A.M. - 6 P.M. | BSC 3RD FLOOR

## WALK-IN SUPPORT SPACES

STAFFED BY SLU FACULTY/STAFF

Hosted by Dean of Students

11 A.M. | MORRISSEY HALL RM 200

## IMPORTANCE OF COMMUNICATION WITHIN CRISIS EVENTS

“What do I say” is a common question asked when crisis events occur. The presenter will address this question and help the audience gain understanding that communication about grieving and crisis events not only has to occur at the time of the tragedy, but could be an on-going issue for some as trauma triggers can arise long after the tragedy occurs. Tips, Techniques and brief Q-n-A will be covered during this discussion.

This presentation is meant for graduate teaching assistants, faculty, deans, and others who wish to learn. Guest speaker: Tom Duff, LCSW, St. Louis Counseling

Hosted by Office of the Provost

11 A.M. - 4 P.M. | MOCRA

## SELF-PACED VISITS TO VIEW THE ART AND ENJOY SOME QUIET

Hosted by MOCRA

11A.M. - 4 P.M. | SLUMA, CUPPLES HOUSE

## SELF-PACED VISITS TO VIEW THE ART AND ENJOY SOME QUIET

Hosted by SLUMA

12-12:45 P.M. | OUTSIDE, STARTING AT CATHOLIC STUDIES CENTER ON WEST PINE

## PRAYER WALK/EXAMEN FOR WHEN YOU ARE OVERWHELMED

Led by Sr. Jessica Kerber, ACJ and Campus Ministry Grad Intern Ashley Richard, we will start at the Catholic Studies Center on West Pine and walk/pray, with the St. Ignatius statue at DuBourg as the final destination. Participants should plan on having lunch together in Grand Hall after!

Hosted by Campus Ministry

12-1 P.M. | GRAND DINING HALL

## BBQ-THEMED LUNCH

OPEN TO ENTIRE CAMPUS COMMUNITY, FREE OF CHARGE

Hosted by DineSLU

12-1 P.M. | CGC SEMINAR ROOM 124

## AN HONEST DIALOGUE ABOUT GRIEF, DEPRESSION, DEATH, AND RESISTANCE

Hosted by the Cross Cultural Center

12-1 P.M. | SIMON RECREATION CENTER (GYM COURTS AND INDOOR POOL)

## RECESS WITH CAMPUS REC:

Play pickup basketball with faculty, staff & students; log rolling & giant inflatable volleyball in the indoor pool; variety of informal recreational activities.

Hosted by Campus Rec & Wellness

12-1 P.M. | DUBOURG QUAD

## ZUMBA ON THE QUAD

PRESENTED BY ALEX OCASIO

Hosted by Campus Rec & Wellness

12-5 P.M. | MORRISSEY HALL, ROOM 1100

## DROP-IN ROOMS WITH FACULTY EMOTIONAL LIAISONS FOR SUPPORT/ HOLDING SPACE

GROUPS AND INDIVIDUALS WELCOME

Hosted by the Office of the Provost & Medical Family Therapy program

1-3 P.M. | DUBOURG QUAD

## TOUCH THERAPY DOGS AVAILABLE AND READY FOR YOU!

Hosted by Duo Dogs

1-4 P.M. | SLURUBA

## CHOOSE YOUR OWN - DIY

Visit SLURuba to select one of many great DIY activities: tie-dye t-shirts, message boards, canvas painting and more.

Hosted by Campus Rec & Wellness

2-3 P.M. | WEST PINE MALL

## “THERE’S NO SLU WITHOUT U” PHOTO BOOTH

Hosted by Campus Rec & Wellness

3 P.M. | BOILEAU HALL

## CATHOLIC MASS

sponsored by Campus Ministry

3-4 P.M. | DUBOURG QUAD

## MINDFUL YOGA ON THE QUAD

PRESENTED BY COLLEEN CAUL  
(MINIMAL MATS PROVIDED, PLEASE BYO IF POSSIBLE)

Hosted by Campus Rec & Wellness

5-6 P.M. | CLOCK TOWER

## INVITE A FRIEND AND JOIN THE SLU COMMUNITY FOR A MOMENT OF PEACE AT THE CLOCK TOWER

Hosted by Student Government Assoc.

6-7 P.M. | OUTSIDE SPRING HALL

## “COOL TIMES” ICE CREAM TRUCK

Free treats will be offered to all members of the campus community.

Hosted by Student Involvement Center and Student Government Assoc.

6-8 P.M. | BILLIKEN GRILL

## KARAOKE NIGHT WITH DPS

SIGN UP TO SING BETWEEN 6-8 PM AND RECEIVE A FREE BURGER AND FRIES!

Hosted by Student Development and Department of Public Safety

6-9 P.M. | BSC 253D

## TRIVIA NIGHT

Hosted by Billikens After Dark



SCAN FOR MORE INFORMATION AND TO VIEW FULL SCHEDULE OF EVENTS.