


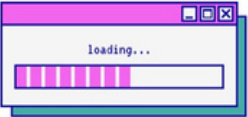




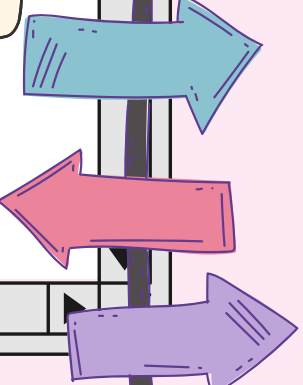
Department of Psychology, Jesus and Mary College

presents

MENTAL HEALTH WEEK

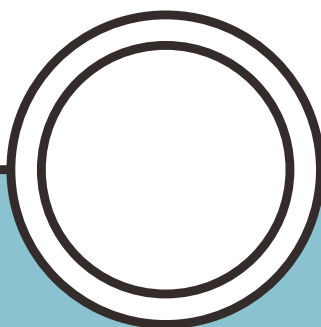
Untitled - TextEdit

File Edit View Help

<p>Mon</p> <p>Bites of Affirmation</p> <p>7th October, 2024 12:30-1pm Outside 210</p> 	<p>Tue</p> <p>Event Loading..</p>  <p>12:30-1pm Outside Thevenet Hall</p>	<p>Wed</p> <p>Narrative therapy workshop, documentary screening</p>  <p>9th October 2024 12:30-2pm</p>
<p>Thu</p> <p>Mindsapes- Film Making Competition and Mental Health Toolkit</p> <p>10th October, 12:30-1pm</p> 	<p>Fri</p> <p>Bring your own Book</p>  <p>11:30-1pm</p> 	<p>Movement Challenge <input type="checkbox"/></p> <p>ALL WEEK!!</p> <p><input type="button" value="Yes"/> <input type="button" value="Yes"/></p> 



bites of



✍️ ✨ As you take each step up the Printshop stairs, be greeted with notes that brighten your day!

📌 Outside Room 210: Your affirmation awaits! Choose one and pin it on the board!



Narrative Therapy workshop



Join us for an engaging session featuring a Narrative Therapy workshop, highlighting personal stories and experiences on mental health.

☆☆ 9th October

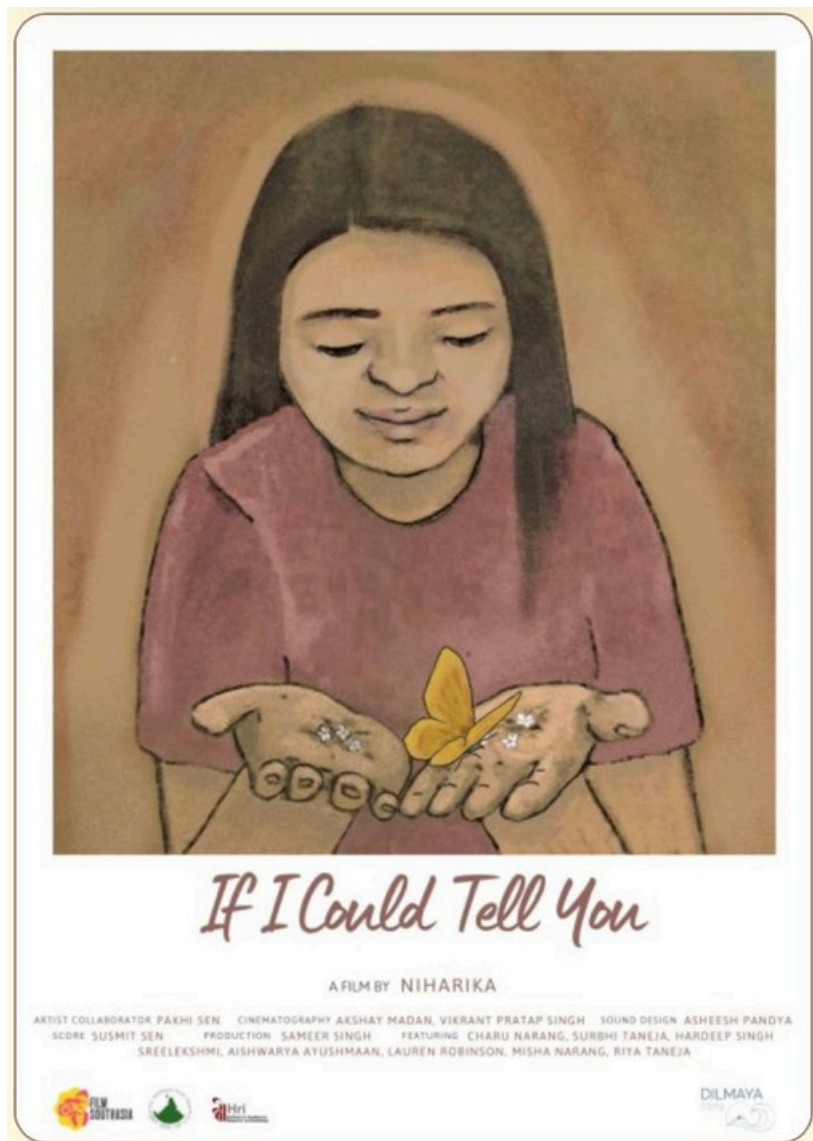
11:30 to 12:30PM ☆☆

Only open to Semester 5
Psychology Honours Students



Room 209

Documentary Screening



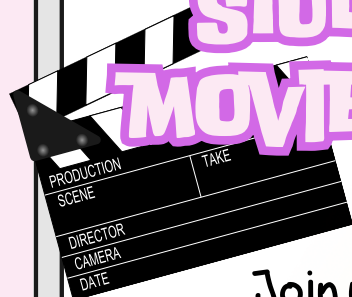
Join us for an engaging session featuring a thought-provoking documentary screening that focuses on the significance of language in our shared human experience and disability.

Note: This is an extension to the FGD report about Disability issues in JMC

9th October
12:30 to 2 PM

Documentary Screening
with Niharika Popli

Room 209



STUDENT-MADE MOVIE SCREENING

Join us for a screening of two student-made short films on mental health in the workplace. These films offer unique perspectives on the challenges and importance of mental well-being in professional settings. Don't miss this chance to engage with creative insights on mental wellness at work.



Room 209



12:30-2pm



10TH OCTOBER

PRESENTATION OF A MENTAL HEALTH RESOURCE KIT



Attend an informative event where students will present a digital resource kit on addressing mental health in the workplace. Discover practical tools, tips, and support options for promoting well-being and maintaining a healthy work-life balance.



bhelpuricr

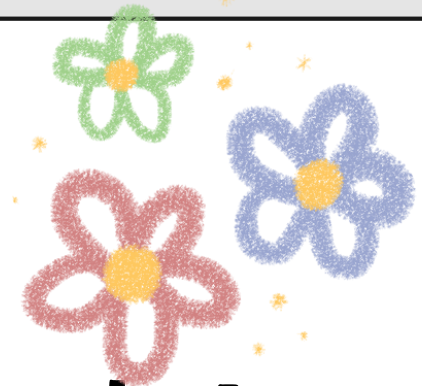


12:30



BYOB

Bring Your Own Book!



📖✨ Each person brings a book that's special to them and then we swap! Sharing new stories and experiences with one another. Let's explore new worlds together, one book at a time!

🕒 Time: 11:30 am to 1pm

