Area Association of Religious Communities
(AARC)
Monday, September 16, 2019

Agenda

- Welcome and Introductions
- Welcome New Members: St. Timothy’s Church (Emily Gierer)
- Dean of Students Office: Maureen Armstrong
  - Food Insecurities
  - Overview of Services
- Suicide Prevention Committee: Representative
  Suicide Prevention Week: September 22nd - 28th (Listen Louder)
- Welcome to the Pack: Diversity Education Online Module
- Rainbow Center: Gender & Pronoun poster series
- AARC Name/Website
- Announcements / Discussion/Other

Next Meeting: Monday, November 11, 2019

Academic Calendar

- Thanksgiving Recess November 24th – 30th
- Last day of Classes before Final Exams: Friday December 6th
- Reading Days: December 7th – 8th
- Final Exams: December 9th – 15th
- Spring Semester Begins: Tuesday, January 21st
Listen Louder
9/22 - 9/28 All Week: Field of Memories on the Student Union Entrance/Lawn
hosted by UConn Active Minds
1100 flags representing college student suicide deaths will be placed on the lawn. UConn Active Minds will be present to offer information about mental health and suicide prevention.

9/22 Sunday 10am-12pm: HELPS Training location TBD
hosted by Student Health and Wellness (SHaW), and USG
Helping Everyone Learn to Prevent Suicide (HELPS) training, open to students.

9/23 Monday 11am-2pm: Listen Louder at the Student Union
hosted by Dean of Students Office, Protect Our Pack, and SHaW
As part of suicide prevention week, mental health and the dean of students are teaming up to provide an interactive program for students to share brief stories with other students, connect, and meet others.

9/23 Monday 4pm-7pm: Wellness Café at Lou’s Café – Family Studies Bldg, 1st floor
hosted by USG
Join USG at the Wellness Café, play some games, relax, eat some snacks, and enjoy conversation!

9/24 Tuesday 2-4pm: Listen Louder: Start Write Now on Fairfield Way
hosted by S.H.O.T (Student Health Outreach Team)
Learn how journaling can help you listen better to yourself, and promote overall wellbeing.

9/24 Tuesday 6pm: “To Write Love on her Arms” film screening and discussion at Women’s Center Program Room
hosted by Women’s Center and SHaW
Starring Kat Dennings, this movie dramatizes the story behind the global TWLOHA movement.

9/25 Wednesday 11am-1pm: Community Healing through Music on Fairfield Way
hosted by Puerto Rican & Latin American Cultural Center (PRLACC)
PRLACC will be tabling to bring awareness through music and lyrics on current issues affecting the Latinx community.

9/26 – Thursday 5:30pm: Student Voices Panel at the African American Cultural Center Program Room
hosted by African American Cultural Center
At this panel discussion, hear moving stories from UConn students and learn how you can help!

9/26 – Thursday 7pm-9pm: Suicide Prevention Week Keynote Speaker Beth Macy - Dopesick: America’s Epidemic at the Jorgensen Center
hosted by SHaW, SUBOG, Journalism Department, and Student Activities
Beth Macy, author of Dopesick, explores how America’s twenty-plus year struggle with opioid addiction started, how it spread from the inner-city to the distressed small communities in Central Appalachia to wealthy suburbs; and it’s heartbreaking trajectory that illustrates how this national crisis has persisted for so long and become so firmly entrenched. Through unsparing, yet deeply human portraits of the families and first responders struggling to ameliorate this epidemic, each facet of the crisis comes into focus. In these politically fragmented times, Beth Macy shows, astonishingly, that the only thing that unites Americans across geographic and class lines is opioid drug abuse. But in the end, Macy still finds reason to hope - and see’s signs of the spirit and tenacity necessary to build a better future for communities, families and those addicted.

Following the lecture will be an audience Q&A and book signing.

9/27 – Friday 1:15pm-2:15pm: International Students and Mental Health: Lunch and Discussion at ISSS in McMahon Rm 183
hosted by International Student & Scholar Services and SHaW
International students at U.S. colleges are facing mental health challenges at high rates, just like their American peers. However, they may be less likely than their American peers to seek help. In this facilitated discussion, we’ll explore the following questions: What is mental health, and how is it perceived and supported in different countries? What are the unique mental health needs of international students and scholars? How can you help someone who is struggling?
9/27 – Friday 3pm-5pm: Forest Bathing  UConn Forest (meet at the Dairy Bar)  
hosted by Asian American Cultural Center, and SHaW  
Learn about the Japanese practice of shinrin-yoku, or forest bathing, and join a guided meditation through the UConn Forest

9/28 Saturday  Shuttle leaves South Garage at 8am, return by 1:30pm: Out of the Darkness Walk- Great River Park, 301-331 E River Dr - East Hartford, CT  
hosted by SHaW, Active Minds, NAMI  
Raise awareness in partnership with the American Foundation for Suicide Prevention (AFSP)

RESCHEDULED 10/3 – Thursday 12:30pm-1:45pm: Out-to-Lunch “Understanding Suicide Risks Among LGBT Veterans in VA Care” at the Rainbow Center Program Room  
hosted by Rainbow Center  
Dr. Joseph Goulet will discuss the research risk and protective factors related to LGBT Veterans’ risk for suicide in all gender, age, racial and ethnic groups.