

MAY

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----|----------|-----|-----|-----|-----|-----|
| <p>Need to Talk to Someone?</p> <p>Virtual Let's Talk: Free, brief, one-on-one drop-in consultations with a UHS mental health counselor. M-F.</p> <p>Virtual Group Counseling: Weekly groups on topics such as worry and stress, healthy sleep habits, meditation, understanding self & others, managing emotions, career planning, and more.</p> | 26 | 27 | 28 | 29 | 30 | 1 | |
| <p>Refresh for Finals! RRR Week Tips</p> <ul style="list-style-type: none"> Make study calendar - when, where Take breaks, shift gears Drink water Eat smart snacks Stretch and move Schedule sleep and naps Stay positive - silence inner critic Be realistic | 3 | 4 | 5 | 6 | 7 | 8 | |
| <p>9</p> <p>Last weeknd Urgent Care is open for the semester</p> | 10 | 11 | 12 | 13 | 14 | 15 | |
| <p>16</p> <p>CLOSED</p> | 17 | 18 | 19 | 20 | 21 | 22 | |
| <p>23</p> <p>CLOSED</p> | 24 | 25 | 26 | 27 | 28 | 29 | |
| <p>30</p> <p>CLOSED</p> | 31 | 1 June → | 2 | 3 | 4 | 5 | |

Virtual Let's Talk: Free, brief, one-on-one drop-in consultations with a UHS mental health counselor. M-F.

Virtual Group Counseling: Weekly groups on topics such as worry and stress, healthy sleep habits, meditation, understanding self & others, managing emotions, career planning, and more.

- Refresh for Finals! RRR Week Tips**
- Make study calendar - when, where
 - Take breaks, shift gears
 - Drink water
 - Eat smart snacks
 - Stretch and move
 - Schedule sleep and naps
 - Stay positive - silence inner critic
 - Be realistic

26

3 **RRR Week →**

10 **Finals Week →**

BREAK REMINDER
Get a COVID vaccine at UHS or elsewhere

17

BREAK REMINDER
Review our post-grad or leave insurance tips for info on transitioning insurance.

24

Summer Classes Begin

31

CLOSED FOR MEMORIAL DAY

27

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
1:45-2:45pm via phone or video

4

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
1:45-2:45pm via phone or video

Pet Hugs!
Virtual on our Facebook Page!

11

BREAK REMINDER
Schedule appointments and refill prescriptions

18

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
1:45-2:45pm via phone or video

25

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1 June →

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1:45-2:45pm via phone or video

Pet Hugs!
Virtual on our Facebook Page!

28

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
2:45-3:45pm via phone or video

5

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
2:45-3:45pm via phone or video

Vaccine Clinic
Pauley Ballroom
9-11am, 1-3pm
eTang Appointments
Walk-ins Welcome

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Vaccine Clinic
Pauley Ballroom
9-11am, 1-3pm
eTang Appointments
Walk-ins Welcome

BREAK REMINDER
Take note of weekend closures beginning 5/15

19

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
2:45-3:45pm via phone or video

26

DROP-IN NUTRITION COUNSELING
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2

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29

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6

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Pauley Ballroom
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Walk-ins Welcome

13

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9-11am, 1-3pm
eTang Appointments
Walk-ins Welcome

BREAK REMINDER
SHIP 2020-21 coverage ends July 31, 2021

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2:45-3:45pm via phone or video

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3

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30

← April

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
10-11am via phone or video

SHEP Sexpert Education Clinic
Weekly from 12-3pm
Health Promotion

7

SHEP Sexpress Supplies!
Memorial Glade, 12-3pm
Come get safer sex supplies!

CAPS Workshops
SSWANA Wellness Series:
Family Roles & Obligations
2-3pm via Zoom

Collective Healing & Grounding
Space for Community Organizers and Activists
2:30-4pm, via Zoom

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
10-11am via phone or video

SHEP Sexpert Education Clinic
Weekly from 12-3pm
Health Promotion

14

CAPS Workshops
We Out Here: Collective Healing and Grounding Space for Community Organizers and Activists
2:30-4pm via Zoom

21

DROP-IN NUTRITION COUNSELING
with a UHS registered dietitian
10-11am via phone or video

BAY AREA BIKE TO WHEREVER DAY
MAY 21 2021

28

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with a UHS registered dietitian
10-11am via phone or video

4

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with a UHS registered dietitian
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CAPS Workshops
We Out Here: Collective Healing and Grounding Space for Community Organizers and Activists
2:30-4pm via Zoom

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Last weeknd Urgent Care is open for the semester

15

CLOSED
UHS closed weekends throughout Summer Commencement!

22

CLOSED

29

CLOSED

5

CLOSED