SUN MON TUE WED THU FRI SAT

29 Need to Talk to Someone?
Virtual Let's Talk: Free, brief, non-confidential drop-in consultations with a UHS mental health counselor. M-F. More info: uhs.berkeley.edu/consult
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. More info: uhs.berkeley.edu/group

31 September is Sexual Health Awareness Month!
HOF is back! Funds for Pell Grant & Dream Aid recipients. uhs.berkeley.edu/hof

2 Drop-in Nutrition Counseling
with a UHS registered dietitian
2-3 pm via phone or video

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5 When UHS is closed, please contact After Hours Assistance.
More info: uhs.berkeley.edu/after-hours

6 UHS Closed for Labor Day
For After Hours Assistance: uhs.berkeley.edu/after-hours

7 Virtual Calapalooza (9/7-9/10)

8 Virtual Calapalooza (9/7-9/10)

9 Graduate Men’s Support.
Thursdays, 1:30-3 pm (Sept 5 - Dec 1) Facilitated by Richard Chinwetal, PsyD. More info: uhs.berkeley.edu/group

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11 Drop-in Nutrition Counseling
with a UHS registered dietitian
2-3 pm via phone or video

12 Have a medical question?
Speak with the UHS 24/7 Advice Nurse by calling (510) 643-7197 or by sending a secure message online through the #1 Tag portal at etang.berkeley.edu.

13 Sexual Health Awareness Week (9/13-9/19)
More info: uhs.berkeley.edu/sex

14 California Gubernatorial Recall Election

15 Campus Memorial Day

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with a UHS registered dietitian
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2-3 pm via phone or video

18 Have questions about SHIP?
Speak with the SHIP Office by sending a secure message online through the #1 Tag portal at etang.berkeley.edu or email ship@berkeley.edu.

19 Get the Be Well Buzz monthly newsletter in your inbox! Sign up: bit.ly/bewelluhs

20 #WaterMadeThis Social Media Contest Begins! (9/10-10/4)
More info: uhs.berkeley.edu/bwt

21 Schedule a Wellness Health Coaching or Healthy Sexuality Coaching appointment through the #1 Tag portal at uhs.berkeley.edu/healthcoach

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25 Need Something?
The UHS Pharmacy has over-the-counter products available at the at discounted prices. No prescription is required. View list of products: uhs.berkeley.edu/overthecounter

26 Get the latest UC Berkeley COVID-19 updates at coronavirus.berkeley.edu

27 Black Women’s Sister Circle. Mondays, 3-5-4:45 pm (Starts Sept 27 and is Ongoing) Facilitated by Amber Jada Jones, LCSW. More info: uhs.berkeley.edu/group

28 Coffee, Meditation drop-in: Tuesdays 10-11 am in person or on Zoom. More info: uhs.berkeley.edu/group

29 Talk Food with Us: Game Night

30 National Depression Screening Day

31 UC Berkeley Homecoming Weekend (10/1 - 10/3)

3 Get social with UHS, follow us on Instagram: @bewelluhs