



EMBRACE

Breaking the stigma together.

Mental Health Awareness Week at Grand Canyon University

Join ASGCU in partnership with the Commit Campaign, on campus to support Embrace, ASGCU's Mental Health Awareness Week, from Jan. 25 to 30.

Embrace is a weeklong opportunity to connect with the GCU community over issues of mental health. Learn how to improve mental health, seek help and help others through educational seminars, stress-relief workshops, a 5K run and more.

ASGCU is here to help provide available professional services and peer support to



DATE	TIME	EVENT	LOCATION
Monday, Jan. 25	10 am – 2 pm	Info Booth/Wall of Encouragement	CHSS Promenade
Monday, Jan. 25	5:30 – 6:30 pm	Performance and Stress Seminar	Williams Lecture Hall
Tuesday, Jan. 26	6 – 8 pm	G.L.O.B.E. – Multicultural Stress Relief	Thunderground
Wednesday, Jan. 27	11:15 am – 12:15 pm	Life is Difficult: How to Navigate the Ups and Downs	Howerton Lecture Hall
Wednesday, Jan. 27	5 – 6 pm	Significance, Well-Worth and Intrinsic Value: Identity in the College Experience	Williams Lecture Hall
Wednesday, Jan. 27	8 – 10 pm	Movie: Inside Out	The Quad
Thursday, Jan. 28	10 am – 2 pm	Postcards to Home	The Grove
Friday, Jan. 29	10 am – 2 pm	Stomp Out Stigma	CHSS Promenade
Friday, Jan. 29	11:15 am – 12:15 pm	Substance Abuse Seminar	CSET 57-133
Saturday, Jan. 30	8:30 – 9:30 am	Embrace 5K Run	Union Promenade