

Mental Health Awareness Week

October 8 - 16, 2023

Out of the Darkness Walk

Date: 10/08/2023

Location: Lokken Stadium on the VCSU Campus

Check-in Time: 2:00 pm

Walk Start Time: 3:00 pm

Mental Health Activities in Schools

Monday, October 9 – Friday, October 13, 2023 (all schools)

School Counselor Lessons in Classrooms

Reading with VCSU Students

Learning about Therapy and Comfort Dog

Self-Care Photo Booth at VC Jr./Sr. High

Hot Chocolate Stand

Free Wristbands from Ed. Foundation

A Community Meal at VC Jr./Sr. High Cafeteria

Date: 10/12/2023

Location: VC Jr./Sr. High Cafeteria

Time: 6:00 pm – 7:30 pm

A Lantern Release

Mental Health First Aid Training

Date: 10/16/2023

Location: HAC Lobby

Time: 4:00 pm – 8:00 pm

More information will be shared throughout the week.

