

# RISE Program Calendar

winter 2021



**RISE Center at UCLA**

Heal. Connect. Thrive.

# programs for faculty & staff

visit the [RISE website](#) for more information!

## Managing Parenting Stress

The RISE Center is providing support for parenting staff & students during this challenging time. Our virtual center will soon include pre-recorded support videos, mindful moment meditations for parents, & supportive toolkits to manage stress & anxiety. Please also see our live session below!

### ***A Mindful Moment for Parenting Staff and Students***

This ACE & RISE collaborative workshop includes a moving meditation specific to the needs of parenting staff & students. We hope this can be a supportive space for you to find community, restore, & build resilience & energy as you approach your days. You deserve it.

Visit <https://risecenter.ucla.edu/calendar> for updates regarding this program.

## Supporting Student Mental Health: A Professional Development Series for Faculty & Staff

RISE is offering a virtual pre-recorded series on our website to provide UCLA faculty & staff with tools to support the well-being & holistic care of their students. Please [RSVP here](#) to receive access!

Topics will include:

- Creating a Culture of Health: Supporting the Mental Health Needs of your Students
- Fostering Inclusion & Cultural Sensitivity to Embrace Student Identities
- Addressing Burnout & Vicarious Trauma: Compassionate Self-Care for Faculty & Staff
- Integrating a Trauma-Informed Lens to Support Student Wellness
- Understanding Racial Trauma

## RISE Virtual Center & Healing Library

We continue to add curriculum to our RISE Virtual Center! All offerings are open to any student, staff, faculty, extension learners, & family members of the UCLA community.

Please visit [risecenter.ucla.edu](https://risecenter.ucla.edu) for more information!

Offerings include:

- Live RISE programs offered via zoom
- “Coping with COVID-19” recorded videos
- Guided audio and video meditations
- Self-Care through Art Expression Videos
- Downloadable handouts
- An inspiring RISE Spotify playlist

# programs for students

visit the [RISE website](#) for more information!

## Rejuvenate with RISE

### ***Delight Drop-Ins***

Join us as we explore ways to care for self & build community.

Week 3: Trivia Night (Sitcoms)

Week 4: Self-Esteem Boost Journaling Activity

Week 5: Positive Affirmations Stretch Break

Week 6: Trivia Night (Movies)

Week 7: Poetry Reading Circle

Week 8: What's Your Sign? Astrology Convos

Week 9: Trivia Night (Music)

Week 10: Would You Rather Convos (Food Edition)

**Tuesdays 5:00pm,**

**Week 3 - Week 10**

join @ [tinyurl.com/rise-dropin](https://tinyurl.com/rise-dropin)

### ***Mindful Moments***

Join us for a meditation session through the [RISE Instagram](#) where you can calm anxiety, promote well-being & recharge.

**Wednesdays 1:00 pm,**

**Week 3 - Week 10**

## Healing Space in Support of Black Bruins

Participants are invited into a supportive community to experience trauma-informed & healing-centered

practices for resilience, self-care, well-being, & insight.

We will explore ourselves, learn culturally-affirming tools for self-care, & find a balm to soothe our hearts in these challenging times. Please [RSVP here](#).

**Mondays 10:30-11:00am,**

**Weeks 4 - Week 10**

## Mindful Eating Series

The Mindful Eating Series is a collaboration between UCLA CAPS & UCLA RISE that features pre-recorded content and resources related to food, eating, & body image. The Mindful Eating Series offers information about how to improve your relationship with food & your body, inclusive of opportunities to practice new skills while eating a meal.

**All content is available in the RISE Virtual Library & RISE Youtube**

<https://risecenter.ucla.edu/virtual-library>

# RISE Mental Health Leadership Training Certificate

In this 5-session self-paced online training series offered via CCLE for UCLA peer programs & student organizations, student leaders will learn strategies to foster & support student resilience & wellbeing on campus. Upon completion of this 5-session training, students will receive a RISE Mental Health Leadership Certificate. Please **[RSVP here](#)** to receive access!

Topics will include:

- Introduction to CAPS
- Foundations of Resilience
- Caring for Yourself while Caring for Others
- Suicide Safe: Campus Suicide Prevention Skills
- Identifying & Supporting Students in Distress
- How to Support Sexual Assault Survivors

## Harmony at Home

This season can be especially stressful, & graduate students & students with families are also attempting to manage the many unique complexities of current circumstances. Living either near or far from support systems, & navigating a number of questions, concerns, & ambiguity, our goal is to provide space, information & support for our residential graduate students. Please feel free to join us in a workshop to support with managing stress, boundaries & effective communication.

Visit **<https://risecenter.ucla.edu/calendar>** for updates regarding this program.

## From Relationships to Situationships

We invite you to join us for a discussion around the dating culture shift, how music may play a role, & tips & strategies to stay safe.

Visit **<https://risecenter.ucla.edu/calendar>** for updates regarding this program.

## Finding Focus from Home

RISE in collaboration with CAPS are hosting a 3-part series for students, "Finding Focus from Home," to promote academic success. The series will include tips on managing: procrastination, motivation, and academic anxiety. Please **[RSVP here](#)**.

**Mondays 5:15 pm,**

**Week 4- Week 6**

**Week 8- Week 10**

Week 4: Managing Procrastination

Week 5: Managing Motivation, Attention & Concentration

Week 6: Managing Academic Anxiety

Week 8: Managing Procrastination

Week 9: Managing Motivation, Attention & Concentration

Week 10: Managing Academic Anxiety

join @ **[tinyurl.com/rise-dropin](https://tinyurl.com/rise-dropin)**

# Trauma-Informed Yoga for Survivors of Sexual Assault: A Virtual 5-Week Series

Session 1, February 3: Intention and Safety  
Session 2, February 10: Mindfulness and Self-care  
Session 3, February 17: Boundaries and Assertiveness  
Session 4, February 24: Strength and Trust  
Session 5, March 3: Self-Compassion and Community

**Wednesdays 10:00 - 11:15 am,**

**Week 5- Week 9**

Please complete an [\*\*\*Intake form here.\*\*\*](#)

## Community Care and Well-Being for Graduate Students

We invite you to join this series tailored specifically to the needs of graduate students in the UCLA community.

Each session will provide a supportive space to de-brief, offer tangible tools and a sense of community, and close with a meditation and movement practice to integrate learning.

***Please [RSVP here.](#)***

**Tuesdays 11:00- 11:50 am,**

**Week 5 - Week 7**

*Session 1, February 2: Tools for coping with stress and overwhelm*

*Session 2, February 9: Finding resource and support in isolation*

*Session 3, February 16: Community-care: how we support each other while apart*

## RISE Virtual Center & Healing Library

We continue to add curriculum to our RISE Virtual Center! All offerings are open to any student, staff, faculty, extension learners, & family members of the UCLA community.

Please visit [\*\*\*risecenter.ucla.edu\*\*\*](https://risecenter.ucla.edu) for more information!

Offerings include:

- Live RISE programs offered via zoom
- “Coping with COVID-19” recorded videos
- Guided audio and video meditations
- Self-Care through Art Expression Videos
- Downloadable handouts
- An inspiring RISE Spotify playlist