

# RISE CENTER



## SPRING 2025 PROGRAM CALENDAR

**Lu Valle Commons, Basement Level**

**MON-FRI: 9:00 am - 6:00 pm\***  
\*WED open at 10 am, FRI close at 4 pm

**WEEK 3**

**Monday, April 14**

**From Time-Loss to Time-Boss**  
4:00 pm - 5:00 pm | RISE Center

Learn successful strategies to create sustainable work-life balance, get work done, and reduce procrastination stress.

**Tuesday, April 15**

**Reflect with RISE: Embracing New Beginnings**  
11:00 am - 12:00 pm | RISE Center

Come and grab a cup of tea, meeting community members, and practice mindfulness and stillness.

**Movement and Meditation**  
1:15 pm - 2:00 pm | RISE Center

Take some time to relax, stretch, and breathe through movement and meditation.

**Wednesday, April 16**

**Books & Bonding**  
4:00 pm - 5:00 pm | RISE Center

Come connect at Books and Bonding every Wednesday — no assigned readings and all books are provided!

**Thursday, April 17**

**Navigating Immigrant Guilt**  
4:00 pm - 5:00 pm | RISE Center

Join us for an open conversation on navigating immigrant guilt — plus, enter a raffle for a highly acclaimed book just for attending!

**Ask a Psychiatrist**  
5:00 pm - 6:00 pm | RISE Center

Join us for a Q&A workshop and learn about Psychiatry Services at CAPS! Snacks and tea provided!

**Autism Goes to College Live Podcast**  
5:30 pm - 8:00 pm | UCLA Tamkin Auditorium

UCLA student self-advocates tell their stories on the nationally acclaimed Autism Goes to College Podcast.



**WEEK 5**

**Monday, April 28**

**Mindfulness - Checking In**  
4:00 pm - 5:00 pm | RISE Center

Learn the benefits of mindfulness, how to apply it daily, and practice meditation in this beginner-friendly workshop. Guided meditation resources included!

**Tuesday, April 29**

**Reflect with RISE: Experiencing Joy**  
11:00 am - 12:00 pm | RISE Center

**Movement and Meditation**  
1:15 pm - 2:00 pm | RISE Center

**Breaking Down Self Care** (for Staff)  
3:00 pm - 4:00 pm | Zoom | Meeting ID: 348 758 4784

Discover what wellness means to you, learn to recognize stress early, and explore simple self-care tools.

**Wednesday, April 30**

**Books & Bonding**  
4:00 pm - 5:00 pm | RISE Center

**Thursday, May 1**

**20s Talk | Love & Dating in Your 20s: Expectations vs. Reality**  
5:00 pm - 6:00 pm | RISE Center



**MAY 04**

**LA YOUTH MENTAL WELLNESS DAY**  
3:00 pm - 7:00 pm | Rieber Courtyard & Black Community Center

RISE and Active Minds are teaming up for a Star Wars-themed afternoon of healing, resilience, and community. Enjoy wellness activities like Mindfulness & Movement, Jedi Journaling, Chill Zone, and Wellness Kit Creation. May the 4th Be With You!

**WEEK 4**

**Monday, April 21**

**Colors & Connection**  
4:00 pm - 5:00 pm | RISE Center

Come join for a workshop from Project UnLonely bridging creative expression with meaningful connection-building.

**Neurodiversity and Mental Health Tabling**  
10:00 am - 2:00 pm | Bruin Plaza

Come celebrate neurodiversity, learn about mental health resources, and grab a free stim toy!

**Tuesday, April 22**

**Reflect with RISE: Finding and Building Spaces of Belonging**  
11:00 am - 12:00 pm | RISE Center

**Movement and Meditation**  
1:15 pm - 2:00 pm | RISE Center

**Wednesday, April 23**

**Grounding Session**  
12:00 pm - 1:00 pm | RISE Center

Pause. Notice. Be. Explore grounding techniques and tools that can be useful for stress management.

**Books & Bonding**  
4:00 pm - 5:00 pm | RISE Center

**Thursday, April 24**

**20s Talk | Friendships in Your 20s: Finding, Keeping & Letting Go**  
5:00 pm - 6:00 pm | RISE Center

Join us at 20's Talk — a weekly space for meaningful conversations about your 20s. Gain expert insights, form community, and enjoy free pizza and refreshments!



**WEEK 6**

**Monday, May 5**

**Colors & Connection**  
4:00 pm - 5:00 pm | RISE Center

**Tuesday, May 6**

**Reflect with RISE: Dreams, Growth, and Preparation**  
11:00 am - 12:00 pm | RISE Center

**Movement and Meditation**  
1:15 pm - 2:00 pm | RISE Center

**Wednesday, May 7**

**Grounding Session**  
12:00 pm - 1:00 pm | RISE Center

**RISE Wellness Wednesday**  
3:00 pm - 5:00 pm | RISE Center

Passive arts and crafts activities. All materials provided!

**Books & Bonding**  
4:00 pm - 5:00 pm | RISE Center

**MAY 07**

**RISE & SHINE: WE THRIVE TOGETHER**  
11:00 am - 3:00 pm | Dickson Court South

Celebrate Mental Health Awareness Month - paint, play, eat ice cream, and learn more about mental health resources.

**Thursday, May 8**

**20s Talk | Ask a Psychiatrist: Coping Strategies & Mental Health in Your 20s**  
5:00 pm - 6:00 pm | RISE Center



**WEEK 7**

**Monday, May 12**  
**Scrolling Away the Present**  
 4:00 pm - 5:00 pm | RISE Center

**Tuesday, May 13**  
**Reflect with RISE: Awe**  
 11:00 am - 12:00 pm | RISE Center

**Movement and Meditation**  
 1:15 pm - 2:00 pm | RISE Center

**Beyond Burnout**  
 3:00 pm - 4:00 pm | Zoom | Meeting ID: 348 758 4784

Explore stress-management and burnout prevention strategies, and how to restore & repair after burnout with self-care.

**Wednesday, May 14**  
**RISE Wellness Wednesday**  
 3:00 pm - 5:00 pm | RISE Center

**Books & Bonding**  
 4:00 pm - 5:00 pm | RISE Center

**Thursday, May 15**  
**Neurodivergent Self Care & Mental Health**  
 3:00 pm - 4:00 pm | RISE Center

**Postcard to Future Self**  
 5:00 pm - 6:00 pm | RISE Center

**20s Talk | Touch Grass: Easing Uncertainty & Anxiety in a Changing World**  
 5:00 pm - 6:00 pm | RISE Center



**WEEK 8**

**Monday, May 19**  
**Colors & Connection**  
 4:00 pm - 5:00 pm | RISE Center

**Tuesday, May 20**  
**Reflect with RISE: Sound and Meditation**  
 11:00 am - 12:00 pm | RISE Center

**Movement and Meditation**  
 1:15 pm - 2:00 pm | RISE Center

**Wednesday, May 21**  
**Grounding Session**  
 12:00 pm - 1:00 pm | RISE Center

**RISE Wellness Wednesday**  
 3:00 pm - 5:00 pm | RISE Center

**Books & Bonding**  
 4:00 pm - 5:00 pm | RISE Center

**Thursday, May 22**  
**Embrace Your Almost, Bruins**  
 4:00 pm - 5:00 pm | RISE Center

Join this workshop and learn about finding clarity and contentment while you are on your journey. A copy of Jordan Lee Dooley's book will be raffled!

**20s Talk | Finding Your Path: Navigating Career Uncertainty & Purpose with Compassion**  
 5:00 pm - 6:00 pm | RISE Center



**1 ON 1 SERVICES**

**Health & Wellbeing Drop-ins**  
**Health & Wellbeing Coordinators**  
 MON-FRI | 1:00 pm - 3:00 pm  
 RISE Center

Come discuss campus mental health resources, get connected to CAPS, manage academic stress, or just need someone to talk to - we're here for you.

**Health & Wellness Coaching** NEW  
**Alea Orange, M.Ed.**  
 By Appointment  
 RISE Center and/or Virtual

Receive individualized, one-on-one coaching designed to support personal and academic growth, improve overall wellbeing, and build resilience.

**SUICIDE SAFE TRAININGS**



Empower yourself as a community member in understanding suicide and supporting prevention efforts outside mental health settings. Participants will get a **free RISE North Face Backpack!** Scan the QR code to RSVP.



**In-Person Trainings**  
**Students, Staff, & Faculty**

- RISE Center
- Fri, May 2 | 9:00 am - 11:00 am
  - Fri, May 23 | 12:00 pm - 2:00 pm
  - Wed, May 28 | 12:00 pm - 2:00 pm
  - Wed., June 4 | 12:00 pm - 2:00 pm

**Remote Trainings**  
**Staff Only**

- Monday, May 12 | 3:00 pm - 5:00 pm  
 ◦ Meeting ID: 624 042 9045
- Tuesday, May 20 | 12:00 pm - 2:00 pm  
 ◦ Meeting ID: 955 8160 2870  
 ◦ Passcode: 677960

**WEEK 9**

**Monday, May 26**  
**From Time-Loss to Time-Boss**  
 4:00 pm - 5:00 pm | RISE Center

**Tuesday, May 27**  
**Reflect with RISE: Gratitude**  
 11:00 am - 12:00 pm | RISE Center

**Movement and Meditation**  
 1:15 pm - 2:00 pm | RISE Center

**Wednesday, May 28**  
**RISE Wellness Wednesday**  
 3:00 pm - 5:00 pm | RISE Center

**Books & Bonding**  
 4:00 pm - 5:00 pm | RISE Center

**Thursday, May 29**  
**Vision Board Workshop: Transitions**  
 4:00 pm - 6:00 pm | RISE Center

Reflect on the academic year and set intentions, goals, and dreams for summer and beyond! All materials provided.

**20s Talk | Dear Future Me...**  
 5:00 pm - 6:00 pm | RISE Center



**WEEK 10**

**Tuesday, June 3**  
**Reflect with RISE: Sound and Meditation**  
 11:00 am - 12:00 pm | RISE Center

**Movement and Meditation**  
 1:15 pm - 2:00 pm | RISE Center

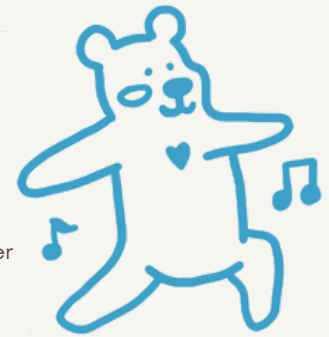
**Wednesday, June 4**  
**Books & Bonding**  
 4:00 pm - 5:00 pm | RISE Center



**FINALS**

**All Week**  
**Finals Week Programming**  
 RISE Center

**Wednesday, June 11**  
**Books & Bonding**  
 4:00 pm - 5:00 pm | RISE Center



**WEEKLY PROGRAMS**

**TUESDAYS: 11 - 12 PM**

**Reflect with RISE | Josh**

Come and grab a cup of tea, meeting community members, and practice mindfulness and stillness. New weekly topics every week!

**TUESDAYS: 1:15 - 2 PM**

**Movement & Meditation | Binny**

Take some time to relax, stretch, and breathe through movement and meditation.

**WEDNESDAYS: 4 - 5 PM**

**Books & Bonding | Jaci**

Come connect at Books and Bonding every Wednesday — no assigned readings and all books are provided!

**THURSDAYS: 4 - 5 PM**

**20s Talk | Reika & Pallavi with Special Guests**

Join us at 20's Talk — a weekly space for meaningful conversations about your 20s. Gain expert insights, form community, and enjoy free pizza and refreshments!