

**WEEKLY PROGRAMMING (WEEK 3 - WEEK 10)**



**Reflect with RISE**

Tuesdays  
11:00 AM to 12:00 PM

Come to the RISE Center for a moment of stillness. Grab a cup of tea, meet community members, and practice mindfulness.



**Movement  
and Meditation**

Tuesdays  
1:15 PM to 2:00 PM

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



**Books and Bonding**

Wednesdays  
4:00 PM - 5:00 PM

Build community and bond with fellow Bruins while reading *The Self-Esteem Workbook*. Free books provided!

**POP-UP EVENTS**

**Camp Cozy: Mindfulness in the Mountains**

Thursday, 1/9, 6:00 PM to 8:00 PM | Covell Commons

**Kerckhoff Patio**

Wednesday, 2/19/25, 11:00 AM to 2:00 PM | Kerckhoff Patio

**Court of Sciences**

Thursday, 2/13/25, 1:00 PM to 4:00 PM | Court of Sciences



LuValle Commons

Monday, Tuesday, Thursday: 9:00 am - 6:00 pm,  
Wednesday: 10:00 am - 6:00 pm, Friday: 9:00 am - 4:00 pm.  
[risecenter.ucla.edu](http://risecenter.ucla.edu) | [@risecenterucla](https://twitter.com/risecenterucla)

**IN-CENTER RISE WORKSHOPS**

**Breaking Down Self-Care**

Monday, 2/3 | 4:00 PM - 5:00 PM | RISE Center

**Imposter Feelings to Compassion**

Thursday, 2/27 | 4:00 PM - 5:00 PM | RISE Center

**Mitigating Stress & Preventing Burnout**

Tuesday, 3/4 | 3:00 PM - 4:00 PM | RISE Center



**ADDITIONAL RESOURCES SPOTLIGHT**

**RISE Drop-in Hours**

Going through something and need additional support and guidance? RISE Health and Wellbeing Coordinators can provide nonclinical support during drop-in hours.

Monday through Friday | 1:00 PM - 3:00 PM | RISE Center



**RISE Center at UCLA**  
Health. Healing. Hope.

**CAPS Resources**

Offers individual therapy, group therapy, and psychiatry services among other services.

- Monday, Tuesday, Thursday: 8:00 AM - 5:30 PM
- Wednesday: 9:00 AM - 5:30 PM (By Appointment Only after 4:00 PM)
- Friday: 8:00 AM - 5:00 PM (By Appointment after 3:00 PM)



**RISE Program Calendar**



[risecenter.ucla.edu/calendar](http://risecenter.ucla.edu/calendar)



## SEMI-FREQUENT PROGRAMMING

### Graduating Student-Focused Programs

Prioritizing Wellness & Exploring Resources for Graduating Students

1. Thursday, 1/16 | 4:00 PM - 5:00 PM | RISE Center
2. Thursday, 2/13 | 4:00 PM - 5:00 PM | RISE Center



### Ask a Psychiatrist

Connect & learn more from our CAPS Psychiatrist

1. Thursday, 1/23 | 5:00 PM - 6:00 PM | RISE Center
2. Thursday, 2/13 | 5:00 PM - 6:00 PM | RISE Center
3. Thursday, 3/13 | 5:00 PM - 6:00 PM | RISE Center



### Colors and Connection

Join RISE for a free, 1-hour workshop from Project UnLonely that bridges creative expression with connection-building!

1. Monday, 1/27 | 4:00 PM - 5:00 PM | RISE Center
2. Monday, 2/10 | 4:00 PM - 5:00 PM | RISE Center
3. Monday, 2/24 | 4:00 PM - 5:00 PM | The Branch in Olympic Hall



### Grounding Sessions with RISE

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

1. Wednesday, 2/5 | 12:00 PM - 1:00 PM | RISE Center
2. Wednesday, 2/26 | 12:00 PM - 1:00 PM | RISE Center



## PROGRAM SPOTLIGHTS

### Wind Down Wednesday Inauguration

Wednesday, 1/22 | 12:00 PM - 2:00 PM | RISE Center

### Mindfulness Series: Love, Acceptance, Compassion, Gratitude

Tuesday, 2/11 | 4:00 PM - 5:00 PM | Virtual  
Meeting ID: 996 9072 7018 | Passcode: 170659

### Embrace Your Almost, Bruins

Thursday, 2/20 | 4:00 PM - 5:00 PM | RISE Center



## STUDENT TRAININGS

### Suicide Safe

Learn how to understand suicide and support its prevention outside mental health settings by learning to recognize the influence of attitudes, how to aid those at risk, and more.

1. Friday, 2/28 | 12:00 PM - 2:00 PM | RISE Center
2. Monday, 3/3 | 12:00 PM - 2:00 PM | RISE Center
3. Thursday, 3/6 | 4:00 PM - 6:00 PM | RISE Center



### Assisting Distressed & Distressing Students

Learn how to identify distressed students, approach and assist them, and connect them with the necessary resources.

Wednesday, 1/29 | 1:00 PM - 2:00 PM | RISE Center

## STAFF TRAININGS AND PROGRAMS

### Suicide Safe

Friday, 1/17 | 10:00 AM - 12:00 PM | Virtual  
Meeting ID: 965 0449 0355 | Passcode: 592484

### Assisting Distressed & Distressing Students

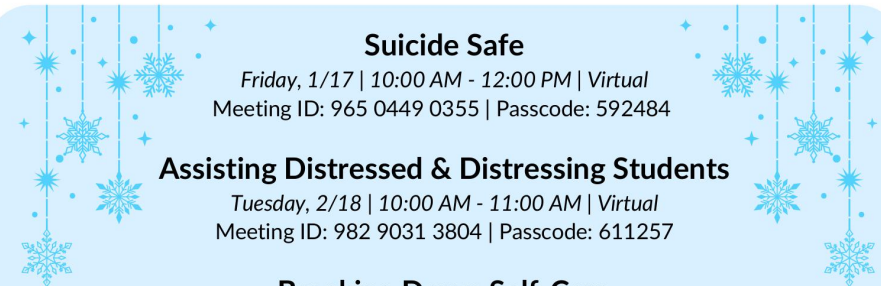
Tuesday, 2/18 | 10:00 AM - 11:00 AM | Virtual  
Meeting ID: 982 9031 3804 | Passcode: 611257

### Breaking Down Self-Care

Wednesday, 2/12 | 12:00 PM - 1PM | RISE Center

### Colors and Connection

Monday, 3/10 | 4:00 PM - 5:00 PM | RISE Center



**UCLA**

Counseling & Psychological Services  
**RISE Center**

