

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 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 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 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
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.

NEW

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



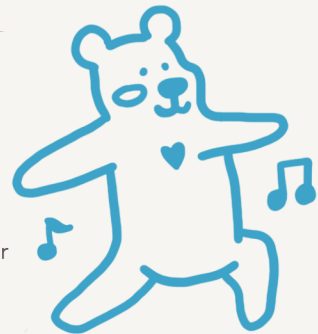
FINALS

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!