

**Area Association of Religious Communities  
(AARC)**

Monday, September 16, 2019

Agenda



- Welcome and Introductions
- Welcome New Members: St. Timothy's Church ( Emily Gierer)
- Dean of Students Office: Maureen Armstrong
  - Food Insecurities
  - Overview of Services
- Suicide Prevention Committee: Representative  
Suicide Prevention Week: September 22<sup>nd</sup> - 28<sup>th</sup> (Listen Louder)
- Welcome to the Pack: Diversity Education Online Module
- Rainbow Center: Gender & Pronoun poster series
- AARC Name/Website
- Announcements / Discussion/Other

**Next Meeting: Monday, November 11, 2019**

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Academic Calendar

- Thanksgiving Recess November 24<sup>th</sup> -30<sup>th</sup>
- Last day of Classes before Final Exams: Friday December 6<sup>th</sup>
- Reading Days: December 7<sup>th</sup> - 8<sup>th</sup>
- Final Exams: December 9<sup>th</sup> - 15<sup>th</sup>
- Spring Semester Begins: Tuesday, January 21<sup>st</sup>

## Listen Louder

**9/22 - 9/28 All Week: Field of Memories** on the Student Union Entrance/Lawn

hosted by [UConn Active Minds](#)

*1100 flags representing college student suicide deaths will be placed on the lawn. UConn Active Minds will be present to offer information about mental health and suicide prevention.*

**9/22 Sunday 10am-12pm: HELPS Training** location TBD

hosted by [Student Health and Wellness \(SHaW\)](#), and USG

*Helping Everyone Learn to Prevent Suicide (HELPS) training, open to students.*

**9/23 Monday 11am-2pm: Listen Louder** at the Student Union

hosted by Dean of Students Office, Protect Our Pack, and SHaW

*As part of suicide prevention week, mental health and the dean of students are teaming up to provide an interactive program for students to share brief stories with other students, connect, and meet others.*

**9/23 Monday 4pm-7pm: Wellness Café** at Lou's Café – Family Studies Bldg, 1<sup>st</sup> floor

hosted by USG

*Join USG at the Wellness Café, play some games, relax, eat some snacks, and enjoy conversation!*

**9/24 Tuesday 2-4pm: Listen Louder: Start Write Now** on Fairfield Way

hosted by S.H.O.T (Student Health Outreach Team)

*Learn how journaling can help you listen better to yourself, and promote overall wellbeing.*

**9/24 Tuesday 6pm: "To Write Love on her Arms" film screening and discussion** at Women's Center Program Room

hosted by [Women's Center](#) and SHaW

*Starring Kat Dennings, this movie dramatizes the story behind the global TWLOHA movement.*

**9/25 Wednesday 11am-1pm: Community Healing through Music** on Fairfield Way

hosted by [Puerto Rican & Latin American Cultural Center \(PRLACC\)](#)

*PRLACC will be tabling to bring awareness through music and lyrics on current issues affecting the Latinx community.*

**9/26 – Thursday 5:30pm: Student Voices Panel** at the African American Cultural Center Program Room

hosted by [African American Cultural Center](#)

*At this panel discussion, hear moving stories from UConn students and learn how you can help!*

**9/26 – Thursday 7pm-9pm: Suicide Prevention Week Keynote Speaker Beth Macy - Dopesick: America's Epidemic** at the Jorgensen Center

hosted by SHaW, [SUBOG](#), [Journalism Department](#), and [Student Activities](#)

*Beth Macy, author of Dopesick, explores how America's twenty-plus year struggle with opioid addiction started, how it spread from the inner-city to the distressed small communities in Central Appalachia to wealthy suburbs; and it's heartbreaking trajectory that illustrates how this national crisis has persisted for so long and become so firmly entrenched. Through unsparing, yet deeply human portraits of the families and first responders struggling to ameliorate this epidemic, each facet of the crisis comes into focus. In these politically fragmented times, Beth Macy shows, astonishingly, that the only thing that unites Americans across geographic and class lines is opioid drug abuse. But in the end, Macy still finds reason to hope - and see's signs of the spirit and tenacity necessary to build a better future for communities, families and those addicted.*

Following the lecture will be an audience Q&A and book signing.

**9/27 – Friday 1:15pm-2:15pm: International Students and Mental Health: Lunch and Discussion** at ISSS in McMahon Rm 183

hosted by [International Student & Scholar Services](#) and SHaW

*International students at U.S. colleges are facing mental health challenges at high rates, just like their American peers. However, they may be less likely than their American peers to seek help. In this facilitated discussion, we'll explore the following questions: What is mental health, and how is it perceived and supported in different countries? What are the unique mental health needs of international students and scholars? How can you help someone who is struggling?*

**9/27 – Friday 3pm-5pm: Forest Bathing** UConn Forest (meet at the Dairy Bar)

hosted by [Asian American Cultural Center](#), and SHaW

*Learn about the Japanese practice of shinrin-yoku, or forest bathing, and join a guided meditation through the UConn Forest*

**9/28 Saturday** Shuttle leaves South Garage at 8am, return by 1:30pm: **Out of the Darkness Walk-** Great River Park, 301-331 E River Dr - East Hartford, CT

hosted by SHaW, Active Minds, [NAMI](#)

*Raise awareness in partnership with the American Foundation for Suicide Prevention (AFSP)*

**RESCHEDULED 10/3 – Thursday 12:30pm-1:45pm: Out-to-Lunch “Understanding Suicide Risks Among LGBT Veterans in VA Care”** at the Rainbow Center Program Room

hosted by [Rainbow Center](#)

*Dr. Joseph Goulet will discuss the research risk and protective factors related to LGBT Veterans’ risk for suicide in all gender, age, racial and ethnic groups.*