We encourage you to do whatever feels right for you on this day, whether it’s joining a walk around Occom Pond, finding out about wellness resources, gathering on the Green for lunch and a chat, or spending time on your own for private reflection. Ultimately, the Day of Caring is a day for you.

8-8:05 A.M. | Baker Library, Reiss Hall
Setting Intentions

8-8:45 A.M. | Baker Library, Reiss Hall
Coffee & Thoughts

9-9:45 A.M. | Berry Library, Room 176
Yoga for Everybody

9-9:45 A.M. | Carson L01 & Virtual
Faculty & Staff Mental Health Training

9-9:45 A.M. | Meet Up in Reiss Hall
Walk & Talk

10-10:45 A.M. | DCAL (Baker 102) & Virtual
Live Virtual Meditation by Headspace

10-10:45 A.M. | Moore Hall, Filene Auditorium
Do More By Doing Less

10-10:45 A.M. | 1902 Room
Session on Grief

11-11:45 A.M. | Filene Auditorium
JED Initiative Community Panel

11-11:45 A.M. | DCAL (Baker 102)
Resources for Faculty & Staff

11-11:45 A.M. | Carson L01
Navigating the Network of Care: Resources for Students

12-1 P.M. | Reiss Hall, DHMC Borwell 383, & Zimmermann Lounge
Community Lunch

12-3 P.M. | Collis Common Ground
Barn Babies

1:15-2 P.M. | Berry Library, Room 176
Yoga for Everybody

1:15-2 P.M. | Meet Up in Reiss Hall
Walk & Talk

1:15-2 P.M. | Sanborn 102
Intro to Mindfulness & Guided Relaxation Session

1:15-2 P.M. | Sanborn Library
Tea with the Tucker Center

2:15-3 P.M. | Reiss Hall
Dessert

**All Day Activities**

Berry Main Street
Painting Rocks

East Reading Room
Low Stimulation Space

Reading Room, Rauner Library
Days of Caring exhibit

Berry Main Street
Gratitude Space

Berry Main Street
Planting Succulents

Virtual
Day of Caring Yoga Sequence

Novack Patio
Play Space

Virtual
Yoga Nidra Session