**NOVEMBER 2**

**Black Cultural Center**
12-4:30 PM - Mindful Monday, Distribution of distress bags containing crossword puzzles, stress relief balls, inspirational journals.

2-4 PM - Identity Based Drop-In Consultation with the UCC.

**NOVEMBER 3**

**Office of the University Chaplain & Religious Life**
11 AM-4 PM - Centering in Chaos. This event gives community members an opportunity to engage an embodied meditation experience. *Please wear clean socks to prevent any accidental damage to the Labyrinth. Alumni Tent South (Facing Rand)*

30 Days of Kindness - Check it out on twitter @OUCRL

**Black Cultural Center**
2-4 PM - Identity Based Drop-In Consultation with the UCC.

**NOVEMBER 4**

**Black Cultural Center**
12:15-12:45 PM- Guided Meditation Session with the Center for Student Well Being as part of the On the Menu series. (Zoom)

6-7 PM - Community Comfort Dinner & Discussion – Small dinner discussion with 15 students in the BCC auditorium. Student must RSVP in order to attend.

**Office for Inclusive Excellence & Ingram Commons**
11-3 PM - Alumni Lawn Tent (Rand End) with Assistant Provost Jill Stratton
3-5 PM - Wyatt Lawn Tent (Wyatt End) with Associate Dean Frank Dobson
5-7 PM - Backyard Firepit at Dean's Residence with Dean Melissa Gresalfi
7-9 PM - Zoom

Feel your Feelings: post-election conversation facilitation.

**University Counseling Center**
10-12 and 1-3 PM - Drop-in hours for those who need it.

**NOVEMBER 5**

**Black Cultural Center**
12:00-5:00 Canvas & Convos – In person painting while engaging in reflective conversation/debriefing about the election/pandemic/life. RSVP for a 1 hour block.

6:00-7:00 Relax & Reset with Jo-Jo Jackson via Zoom

**Black Cultural Center**
5:00-6:00 Know Your Rights, What to do When Stopped by the Police Racial & Social Justice Institute Session 3 (Zoom) In partnership with the ACLU

**Margaret Cunninggim Women's Center**
3:00-5:00 Know Your Rights, What to do When Stopped by the Police Racial & Social Justice Institute Session 3 (Zoom) In partnership with the ACLU

**NOVEMBER 6**

**Black Cultural Center**
11-3:30 PM - Community Check-Ins (in-person) – Ten people, social distant, in the BCC auditorium in a circle engaged in dialog/reflection.

6-7 PM - Blackish Netflix Binge Weekend – We will provide a list of BCC staff favorites of Black movies, documentaries, television shows, etc. to watch on Netflix. Stop by BCC for goodie bag.

**NOVEMBER 9**

**Black Cultural Center**
5:00-6:00 Know Your Rights, What to do When Stopped by the Police Racial & Social Justice Institute Session 3 (Zoom) In partnership with the ACLU

**OFFICE HOURS**

**Margaret Cunninggim Women's Center**

**Office of LGBTQI+ Life**