



## NOVEMBER 2

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### **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

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### **Office of the University Chaplain & Religious Life**

11 AM-4PM -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**

10-12 PM -Weekly Black Student Office Hours with the Center for Student Wellbeing

## NOVEMBER 4

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### **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)

6-7PM - Community Comfort Dinner & Discussion – Small dinner discussion with 13 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

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### **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

## NOVEMBER 6

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### **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.

10-4 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.

6-7 PM - Community Comfort Dinner, Small dinner discussion with 13 students in the BCC auditorium. RSVP required.

## NOVEMBER 9

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### **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

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[Margaret Cunningham Women's Center](#)

[Office of LGBTQI+ Life](#)



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