

STUDENT WELLNESS

May 2024

Mental Health Awareness Month

GREEN BAY CAMPUS



May 1, Wed.
MCW Wellness- Breaking Free from Emotional Manipulation Webinar 1130am

May 2, Thurs.
ODI- Social Influences and Personal Interactions 2: Being Your Best Self at Work 1pm
St. Norbert College- Asian Pacific Islander Month: SNC Discussion Panel 5pm

May 4, Sat.
Brown County Library- Classic Car Exhibition 10am

"Wellness" is comprised of the following dimensions:

- PHYSICAL
- EMOTIONAL
- INTELLECTUAL
- SOCIAL
- SPIRITUAL
- ENVIRONMENTAL
- OCCUPATIONAL



May 5, Sun.
Cinco de Mayo

May 10, Fri.
MCW Wellness- Talk Saves Lives: An Introduction to Suicide Prevention in the LGBTQ Community Webinar 11am

May 11, Sat.
Brown County Library- Renaissance Faire 11am

May 12, Sun.
Mother's Day

May 14, Tues.
ODI- NCBI: Building a MCW Culture of Belonging Workshop 1pm

May 15, Wed.
MCW Wellness- Developing Grit - Strategies for Success in Work and Life Webinar 12pm

May 15, Wed.
MCW Wellness- You Really ARE Making a Difference Webinar (for parents) 2pm

May 16, Thurs.
ODI- 2024 Inclusive Excellence Conversation 11am


May 17, Fri.
International Day Against Homophobia, Transphobia, and Biphobia

May 23, Thurs.
MCW Wellness- Time Management & Managing Your Task List Webinar 11am

May 27, Mon.
Memorial Day

Bay Beach Wildlife Sanctuary FREE Community Events (Family Friendly)

Visit the Safe Haven Pet Sanctuary! 

FREE Exhibitions at the Art Garage 

Visit Heritage Hill State Park!

Visit High Cliff State Park!

Lyric Room Open Mic Nights
Every Thursday at 7PM



Questions about the Foster with Heart Program? Email Kerri at kcorcoran@mcw.edu



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Visit the [Green Bay Recreation site](#) for many community-based wellness events/classes!