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Benjamin N. Cardozo School of Law

LARC @ Cardozo Law

Flyers 2023-2024

Flyers

10-9-2023

Law School Mental Health Awareness Week 2023

Cardozo Office of Student Life

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Law School Mental Health Awareness Week 2023

Monday, October 9th
2:30 - 3:30 PM



Coloring and Contemplation

Moot Court Room

Stop by for coloring and other calming activities and mindfulness exercises

Wednesday, October 11th
12 - 1:30 PM



Leaf Your Stress Behind and Fall Into Good Habits

Lobby

Join Student Services and the YU Counseling Center for fall-themed treats, mindfulness exercises, resources, Cardozo giveaways, and more autumnal puns.

Week of October 9th



Positivity Pumpkins

7th Floor Library

Read and leave words of positivity for your colleagues on a pumpkin shaped note at the entrance to the library.

Stay tuned for more mental health and wellness programming throughout the academic year!

Presented by the Office of Student Life