

Yeshiva University, Cardozo School of Law

LARC @ Cardozo Law

Event Invitations 2020

Event Invitations

10-12-2020

Mental Health Awareness Week 2020

Cardozo Office of Student Life

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Recommended Citation

Cardozo Office of Student Life, "Mental Health Awareness Week 2020" (2020). *Event Invitations 2020*. 82. <https://larc.cardozo.yu.edu/event-invitations-2020/82>

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Dear Cardozo Community,

Cardozo Law School's Mental Health Awareness Week 2020 begins on Monday, October 12, 2020.

In addition to the daily programming, attached and listed below, the Office of Student Life is proud to announce that Cardozo Law School has signed the American Bar Association's Well-Being Pledge, a joint effort by legal employers, bar associations, and law schools to challenge the status quo and improve discussion of substance use and mental health in the legal profession. The Office of Student Life and the Student Services team have always been committed to supporting and working with students with mental health or substance use challenges, to providing trainings and events on wellness and mental health, and to reduce stigma around these discussions in the legal profession.







We are proud to sign onto the ABA Well-Being Pledge to memorialize our commitment to these issues and conversations to best support all our students.

We look forward to seeing you at the week's events!

Francesca Acocella, Director of Student Life, and the Student Services team

View all the details for Cardozo's Law School Mental Health Awareness Week 2020:

Law School Mental Health Awareness Week 2020

Monday, October 12th	Tuesday, October 13th	Wednesday, October 14th	Thursday, October 15th	Friday, October 16th	Sunday, October 18th
 VIRTUAL PET THERAPY	 PROCESSING THE LAW STUDENT EXPERIENCE: TIPS FOR USING MINDFULNESS LED BY ABBEY FRAWLEY, PSYD	 VIRTUAL MINDFULNESS SESSION	 What Every Law Student Needs to Know About Mental Health, Substance Use and Wellbeing ****	 COVID-19: Community Conversations, Mental Health, Equity, and Resilience Required Sign Up Here	 VIRTUAL YOGA
Time: 12 PM - 1PM ZOOM ID: 974 6010 2364 Make sure to bring your own furry friends!	Time: 12pm ZOOM ID: 957 8406 3508	Time: 12PM - 1PM ZOOM ID: 975 0458 1995	Time: 5 :30PM - 6:30PM ZOOM: 933 1408 6156	Time: 11:30AM - 1PM ** CLICK HERE FOR THE LINK	Time: 4PM - 5PM ZOOM: 983 7051 6873
**** Trigger Warning, the session will discuss substance use, depression, and mental health and please note that practicing attorneys will be sharing their own experiences with substance use, mental health, and the legal profession. Use the link HERE to submit questions anonymously for this panel discussion			**Trigger Warning: COVID-19, racial inequity, grief, and trauma.		

Presented by the Office of Student Life