CARLETON AND ST. OLAF
NATIONAL PUBLIC HEALTH WEEK:
MENTAL HEALTH THROUGH A PUBLIC HEALTH LENS

SATURDAY, APRIL 2ND, 2-3:30 PM ST. OLAF VALHALLA ROOM 211, BUNTRICK COMMONS
Allie Dulles and Kirstie Barton: Experience OpenMind
Experience a student-facilitated class on mental health through a wellness lens

SUNDAY, APRIL 3RD, 2-3:30 PM CARLETON ALUMNI GUEST HOUSE
Kirstie Barton and Allie Dulles: Experience OpenMind
Experience a student-facilitated class on mental health through a wellness lens

MONDAY, APRIL 4TH, 6:30-8:00 PM CARLETON ALUMNI GUEST HOUSE
Dr. Laiel Baker-DeKrey, Indian Health Board & Maria McCoy, Turtle Mountain Band of Ojibwe: Decolonization and Indigenization in Mental Health: Cultural Lifeways and Healing
* take the 6:15 pm shuttle from St. Olaf to Carleton / returns at 8:04 pm

TUESDAY, APRIL 5TH, NOON TO 1 PM CARLETON SAYLES-HILL 251
Real Talk! Mental Health on Campus: Experiences, Resources, and Campus Culture
Co-sponsored by GSC, SHAC, SAO, OII, ResLife/SWAs

TUESDAY, APRIL 5TH, 7-8 PM ST. OLAF VIKING THEATER, BUNTRICK COMMONS
Dr. Henry Emmons: Science of Hope: Blending Science and Wisdom for a Healthy Mind, Mood, and Heart
* take the 6:44 pm shuttle from Carleton to St. Olaf / returns at 8:15 pm

WEDNESDAY, APRIL 6TH, 6:30-8 PM CARLETON GREAT HALL
Gracia Gimse McKinley, Yoga and Somatics: Active Session to Relieve Stress
* take the 6:15 express bus from St. Olaf to Carleton / returns at 8:04 pm

THURSDAY, APRIL 7TH, 11:30-12:30 AM ST. OLAF TOMSON HALL 280
T. McKinley, Writer, Teacher, and Suicide Loss Survivor: Enough! T will share his experiences with mental illness to help others recognize and manage depression, either in themselves or those around them.