

KA'AU PROGRAM FOR
STUDENT MENTAL HEALTH &
WELLNESS

Wellness Wednesdays

*A PLACE TO LEARN & PRACTICE
INDIVIDUAL & COMMUNITY WELL-BEING*

SPRING 2024 DATES:
4TH WEDNESDAYS OF THE MONTH
@ 1:00PM

**January 24: Mental Health & Wellness
101 - Navigating Care Options**
w/ Brooke Conway, Wellness Counselor, Ka'au Program

**February 28: Hulili Kapalili 'Ukeke
[Vibrate, Shake, and Quiver]**
*w/ Mahi La Pierre, Hawaiian Culture Education
Specialist, Kūkalahale Title III grant*

**March 27: Building Resilience to the
Stresses of Life**
w/ Brooke Conway, Wellness Counselor, Ka'au Program

**April 24: Mālama Māla Māunuunu
(& Us, Too)**
*w/ Kohlby-Vincent Soong, Māla Māunuunu Facilitator
& Internship Support Specialist*

**Registration, location & information for each session will be available closer to the session dates*

