

# Mental Health Week 2021 精神健康週

8-12 March 2021

To promote Mental Wellness for all students

Date	Activity
Mon 8/3	3:00-5:00pm Pastel Nagomi Art Workshop Booth (SMC 5/F) Theme & Topic: "Care for Yourself, Show Your Love to Others."--Expressing Gratitude
Tue 9/3	11:30am-3:30pm University Health & Anti-drug Promotion Activity by Community Drug Advisory Council (SMC 5/F Interactive Commons) (Exhibition, Interactive Games, Health Check & Stress Test)
Wed 10/3	3:00-5:00pm Pastel Nagomi Art Workshop Booth (SMC 5/F) Theme & Topic: "Care for Yourself, Show Your Love to Others."--Expressing Gratitude
Thu 11/3	i. 2:00-4:00pm SDC Editorial Team Booth (SMC 5/F) Theme & Topic: "Care for Yourself, Show Your Love to Others." --Expressing Gratitude (Writing gratitude cards & Mini Games)  ii. Mental Health Awareness Promotion Activities by CIE Mental Health Gatekeepers (SMC 5/F)  iii. 3:30-4:30pm "Mental Wellness Formula" Seminar by Take Your Way Clubhouse (Ma On Shan) of Stewards (SMC 1013)
Fri 12/3	Mental Health Awareness Promotion Activities by CIE Mental Health Gatekeepers (SMC 5/F)

Book and Artcraft Exhibition  
@4/F Library

Artjoy@U Board Exhibition  
@5/F Booth

Venue: Shek Mun Campus, College of International Education

Fee: Free of charge



A gift for participants who join 3 activities this week.

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