

JANUARY

01 / 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 ROUTINE BUILDING WORKSHOP 4-6PM	28 WANT TO CUT BACK? 5-6PM	29	30	31

ROUTINE BUILDING WORKSHOP
– BUILD FLEXIBLE ROUTINES
SUPPORTING RECOVERY,
MENTAL HEALTH, AND
ACADEMIC SUCCESS.

WANT TO CUT BACK? – A
SPACE TO TALK ABOUT HOW WE
DRINK OR SMOKE

**PLEASE COME IN AND ASK ANY
QUESTIONS YOU MAY HAVE!**

FEBRUARY

02 / 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	3	4 WANT TO CUT BACK? 5-6PM	5	6	7
8	9 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	10	11 WINTER WELLNESS FAIR 10-2 PM WANT TO CUT BACK? 5-6PM	12 SELF-LOVE VALENTINE'S EVENT 6-8PM	13	14
15	16 CLASSES DO NOT MEET - PRESIDENT'S DAY	17	18 WANT TO CUT BACK? X ROCK CLIMBING 5-7PM	19	20	21
22	23 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	24 POP UP MOVE TO HEAL NEDAW 10AM -12PM MU 315	25 WANT TO CUT BACK? 5-6PM	26	27 FILM FESTIVAL NIGHT 1 @ BROWN 7 PM - 10 PM	28 FILM FESTIVAL DAY 2 @ BROWN 9 AM - 10 PM

- **MOVE TO HEAL - 30 MIN** WORKOUT, FOLLOWED BY 1HR SUPPORTIVE CONVERSAITON (FOR ALL STUDENTS, FACUTLY, STAFF)
- **WANT TO CUT BACK?** - A SPACE TO TALK ABOUT HOW WE DRINK OR SMOKE
- **WINTER WELLNESS FAIR -** RECOVERY-FRIENDLY WELLNESS RESOURCES & FREEBIES
- **VALENTINE'S EVENT - FOCUS ON YOURSELF WITH ARTS & CRAFTS, SNACKS, MOCKTAILS, MUSIC AND COMMUNITY BUILDING**
- **NEDAW / MOVE TO HEAL - BODY NEUTRAL MOVEMENT AND CONVERSATION SUPPORTING EATING DISORDER AWARENESS.**
- **BROWN UNIVERSITY URI CRP FILM FESTIVAL - FILMS FOSTERING DIALOGUE, COMMUNITY, AND REDUCED RECOVERY-RELATED STIGMA. *LOCATED IN PROVIDENCE**

PLEASE COME IN AND ASK ANY QUESTIONS YOU MAY HAVE!

MARCH

03 / 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	3	4 WANT TO CUT BACK? 5-6PM	5 ART GALLERY NIGHT 6-8PM	6	7
8	9 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	10	11 SAFE SPRING BREAK 3-6PM WANT TO CUT BACK? 5-6PM	12	13	14
15	16	17	18	19	20	21
S P R I N G B R E A K						
22	23 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	24	25 WANT TO CUT BACK? X ROCK CLIMBING 5-7PM	26	27	28
29	30 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	31				

- **MOVE TO HEAL** - 30 MIN WORKOUT, FOLLOWED BY 1HR SUPPORTIVE CONVERSAITON (FOR ALL STUDENTS, FACUTLY, STAFF)
- **WANT TO CUT BACK?** - A SPACE TO TALK ABOUT HOW WE DRINK OR SMOKE
- **ART GALLERY NIGHTS** - CHECK OUT OUR STUDENT GALLERY, CREATIVE EXPRESSION, SNACKS, MOCKTAILS, AND MUSIC!
- **SAFE SPRING BREAK BEACH PARTY** - WELLNESS & HARM REDUCTION SUPPORTS AND SAFER SPRING BREAK CHOICES WITH FREEBIES
- **NORTH WOODS OUTING X WANT TO CUT BACK** - NATURE-BASED CHALLENGE COURSE WITH ROCK CLIMBING, BUILDING COMMUNICATION, TEAMWORK, & SUPPORT.

PLEASE COME IN AND ASK ANY QUESTIONS YOU MAY HAVE!

APRIL

04 / 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 WANT TO CUT BACK? 5-6PM	2	3	4
5	6 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	7	8 WANT TO CUT BACK? 5-6PM	9 ART GALLERY NIGHT 6-8 PM LATE NIGHT W/ STUDENT INVOLVEMTN 8-11PM	10	11
12	13 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	14	15 WANT TO CUT BACK? 5-6PM	16	17	18 TREE TRAIL ADVENTURES!
19	20 4/20 DAY ON THE QUAD, 12-4PM <small>MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM</small>	21	22 WANT TO CUT BACK? X NWCC 4-6PM	23	24	25
26	2 MOVE TO HEAL ... MSSC HARDGE FORUM 4:30-6PM	28	29 WANT TO CUT BACK? 5-6PM	30 DAY OF PROGRAMMING		

- **MOVE TO HEAL** - 30 MIN WORKOUT, FOLLOWED BY 1HR SUPPORTIVE CONVERSAITON (FOR ALL STUDENTS, FACUTLY, STAFF)
- **WANT TO CUT BACK?** - A SPACE TO TALK ABOUT HOW WE DRINK OR SMOKE
- **ART GALLERY NIGHTS** - CHECK OUT OUR STUDENT GALLERY, CREATIVE EXPRESSION, SNACKS, MOCKTAILS, AND MUSIC!
- **LATE NIGHT WITH STUDENT INVOLVEMENT** - ENJOY AN EVENING OF PROGRAMMING
- **TREE TRAIL ADVENTURE, MYSTIC, CT-** OUTDOOR ADVENTURE PROMOTING RESILIENCE & PEER CONNECTION
- **4/20 ON THE QUAD** - AN ALTERNATE CELEBRATION TO 4/20, GAIN AWARENESS REGARDING CANNABIS USE WITH ACTIVITIES & FREEBIES

PLEASE COME IN AND ASK ANY QUESTIONS YOU MAY HAVE!