

# Wellness and Health Promotion Services

**Suicide Prevention Month**  
**September 2020**

#KeepGoing

*We hope you can join us!*

Presentations are held via Zoom and are completely free. Registration is required in advance with a limit of 50 participants per session. Please email [wellness@siu.edu](mailto:wellness@siu.edu) with any questions.

## Talk Saves Lives Suicide Gatekeeper Training

Tuesday, September 8, 2020  
12pm - 1pm  
Registration: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
by Monday, September 7

## Talk Saves Lives Suicide Gatekeeper Training

Thursday, September 10, 2020  
5:30pm - 6:30pm  
Registration: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
by Wednesday, September 9

## Koru Mindfulness Class

Begins Friday, September 11, 2020  
2pm - 3:30pm  
Registration: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
by Thursday, September 10  
*\*This is a free 4 week class*

## Dawg Lounge Virtual Open House

Tuesday, September 15, 2020  
4:30pm - 5:30pm  
For Link: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
or call 618/536-4441

## Resilience Virtual Workshop

Thursday, September 17, 2020  
12pm - 1pm  
Registration: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
by Wednesday, September 16

## Virtual Fresh Check Day

Thursday, September 24, 2020  
Choose either:  
12pm - 12:30pm  
or 6:30pm - 7pm  
For Link: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
by Wednesday, September 23

## Resilience Virtual Workshop

Monday, September 28, 2020  
12pm - 1pm  
Registration: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
by Friday, September 25

## It's Real Documentary

Wednesday, September 30, 2020  
6pm  
Registration: Email [wellness@siu.edu](mailto:wellness@siu.edu)  
by Tuesday, September 29

for accommodations due to disability, please contact Kelsey at [wellness@siu.edu](mailto:wellness@siu.edu)