

RISE Program Calendar

fall 2020



RISE Center at UCLA

Heal. Connect. Thrive.

programs for faculty & staff

visit the [RISE website](#) for more information!

Managing Parenting Stress

The RISE Center is providing support for parenting staff & students during this challenging time. Our virtual center will soon include pre-recorded support videos, mindful moment meditations for parents, & supportive toolkits to manage stress & anxiety. Please also see our live sessions to the right!

A Mindful Moment for Parenting Staff and Students — 11.17.2020, 1-2pm

This ACE & RISE collaborative workshop includes a moving meditation specific to the needs of parenting staff & students. We hope this can be a supportive space for you to find community, restore, & build resilience & energy as you approach your days. You deserve it. [RSVP here](#).

Restorative Meditation to Support Sleep — 11.18.2020, 8-8:50pm

Amidst the chaos of navigating virtual & remote learning, working full time, or taking care of small children, we hope to create some time for you to decompress. Join us for this restorative meditation for sleep—written specifically with parents in mind. [RSVP here](#).

Supporting Student Mental Health: A Professional Development Series for Faculty & Staff

RISE will release this virtual pre-recorded series at the end of Fall quarter to provide UCLA faculty & staff with tools to support the well-being & holistic care of their students. Please [RSVP here](#) to receive access when they become available!

Topics will include:

- Creating a Culture of Health: Supporting the Mental Health Needs of your Students
- Fostering Inclusion & Cultural Sensitivity to Embrace Student Identities
- Addressing Burnout & Vicarious Trauma: Compassionate Self-Care for Faculty & Staff
- Integrating a Trauma-Informed Lens to Support Student Wellness
- Understanding Racial Trauma

RISE Virtual Center & Healing Library

We continue to add curriculum to our RISE Virtual Center! All offerings are open to any students, staff, faculty, extension learners, & family members member of the UCLA community.

Offerings include:

- Live RISE programs offered each week via zoom
- “Coping with COVID-19” zoom sessions
- Guided meditations
- Short video resources
- Downloadable handouts
- “Mental Health Leadership” training series
- Downloadable handouts
- An inspiring & meditative RISE Spotify playlist
- Guided workshops

programs for students

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Rejuvenate with RISE

Delight Drop-Ins

Join us each week as we explore different ways to care for self & build community.

Week 5: Collective Poetry Reading

Week 6: Coping Through Negative Self-Talk

Week 7: Love Languages Explored

Week 8: Small Screen Family Celebration

Week 9: Self-Esteem Boost Week 10: Celebrating Your Accomplishments

Finals Week: Positive Affirmation & Stretch Break

Mindful Moments

Join us for a meditation session through the [**RISE Instagram**](#) where you can calm anxiety, promote well-being & recharge.

**Monday & Fridays 3-3:30 PM,
Week 4 - Finals Week**

join @ [tinyurl.com/rise-dropin](https://www.tinyurl.com/rise-dropin)

**Wednesdays 2-2:30 PM,
Week 4 - Finals Week**

Black Bruin Healing Space

The RISE Center is hosting a Virtual Post-Election Space for Black Bruins in the UCLA Community on November 4th from 1pm-1:30pm. Participants are invited into a supportive process community to experience practices for resilience, self-care, well-being, and insight. The sessions are open to Black-identifying students, faculty and staff. Pre-registration is required. In addition, we have pre-recorded practices and other resources for Black Bruins and Allies on our website: risecenter.ucla.edu.

**Mon., Nov. 2nd - Mon.,
Dec. 7th, 10am-10:30am**

**Wed., Nov. 4th - Wed.,
Dec. 9th, 1pm-1:30pm**

[tinyurl.com/yx9z63lf](https://www.tinyurl.com/yx9z63lf)

UndocuBruin Election Series: Virtual Connection Circles Pre & Post Election

This space is for ALL UndocuBruins (undergraduate, graduate, staff & faculty) to process the impact of election season. Participants will be guided in dialogue & self-care practices while finding community with one another.

Week 4: Th 10.29, 4-5pm

Week 5: W 11.4, 12-1pm

Week 7: Th 11.12, 4-5pm

Week 9: Th 11.19, 12-1pm

[tinyurl.com/USPRISEVCC](https://www.tinyurl.com/USPRISEVCC)

RISE Mental Health Leadership Training Certificate

In this 5-session self-paced online training series offered via CCLE for UCLA peer programs & student organizations, student leaders will learn strategies to foster & support student resilience & wellbeing on campus. Upon complete of this 5-session training, students will receive a RISE Mental Health Leadership Certificate.

**Self-Paced Online
Training Offered
via CCLE**

tinyurl.com/y4u5tcps

Mindful Eating Series

The Mindful Eating Series is a collaboration between UCLA CAPS & UCLA RISE that features pre-recorded content & resources related to food, eating, & body image. The Mindful Eating Series offers information about how to improve your relationship with food & your body, inclusive of opportunities to practice new skills while eating a meal.

**All content is
available in the RISE
Virtual Library & RISE
Youtube**

Harmony at Home

This election season can be especially stressful, & Graduate students & students with families are also attempting to manage the many unique complexities of current circumstances. Living either near or far from support systems, & navigating a number of questions, concerns, & ambiguity, our goal is to provide space, information & support for our residential graduate students. Please feel free to join us in an election-focused workshop to support with managing stress, boundaries & effective communication.

Wed., Nov 4, 7:30pm-8:30pm

tinyurl.com/y39gkpcf

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