



Let's Cultivate Mindfulness and Connection!

October Equity and Wellness Events @MC

This month, we honor the resilience and strength of our community—students, faculty, and staff—by prioritizing mindfulness and connection. Whether you're navigating change or seeking comfort, take time for "you" this month with support from MC Wellness and the Office of Equity and Inclusion.

Open to All Students, Faculty, and Staff

Meditation Monday

8:30 a.m.–noon, 10–15 minute sessions
Oct. 7 on Zoom

Fall Equity Dialogue with Sidewalk Talk

12–3 p.m., Oct. 16, Rockville Campus

Dance Against Cancer

12:30–1:15 p.m., Oct. 16, Rockville Campus

Pre-Election Let's Talk

11 a.m.–2 p.m., Oct. 30, Rockville Campus

For Student Wellness

Student Wellness Center Community Resource Fair

1–3 p.m., Oct. 2, Germantown Campus

Suicide Awareness Tabling Events

11 a.m.–1 p.m., Oct. 8 (Rockville), Oct. 16 (Takoma Park/
Silver Spring), Oct. 17 (Germantown)

Memory and Grief Week

Oct. 28–Nov 1

(Bring a photo or post a message to contribute to the Wall of Memory in the Student Wellness Center Quiet Room, Rockville SV001.)

For Faculty and Staff

Faculty and Staff Deliberate Dialogues

Support Constructive Disagreement in Classes

2:30–3:30 p.m., Oct. 4 on Zoom

Enhance Action Planning and Communication

12–12:45 p.m., Oct. 8, Rockville Campus

For Employee Wellness

World Mental Health Day Focus

Yoga, Mindful Movement, and Sound Meditation

12–1 p.m., Oct. 10 on Zoom

ComPsych Webinars: How to Talk Politics

12–1 p.m., Oct. 15 on Zoom

Wellbeing Wednesday with Kaiser Permanente

Breast Cancer Webinar

12–1 p.m., Oct. 16 on Zoom

Health Media Consumption and Social Media Usage

12–1 p.m., Oct. 22 on Zoom

Managing Emotions in the Workplace

12–1 p.m., Nov. 6 on Zoom

Join Us

Visit montgomerycollege.edu/about-mc/equity-and-inclusion for details and updates on these events and more!

