

CMHP: College Mental Health Programs Fall 2021

LEAD for Collegiate Resilience

free, open-enrollment class to build
wellness, community & collegiate skills

Thursdays 3:30–5:00 pm EST

September 9 – December 16, 2021

Text 617-483-3827 for more info

LEAD Español

free, open-enrollment class to build
wellness, community & collegiate skills
taught in Spanish

Thursdays 3:30–5:00 pm EST

September 9 – December 16, 2021

Text 617-352-3770 for more info

PASS Peer Academic Support for Success

one-on-one peer academic coaching for
first & second-year students to navigate
collegiate wellness & belonging

Text 857-337-4548 for more info

College Coaching

one-on-one support managing
coursework, wellness, and collegiate
resilience & thriving

Available all semester

Text 617-483-3827 for more info

NITEO: *Latin “to thrive”*

semester-long, supportive skills-building
program preparing students for a return
to school &/or work

September 6 – December 17, 2021

Text 617-483-3827 for more info

Healthy Relationships

free course for building meaningful
friend, peer, & partner connections

Wednesdays 4:00–5:00 pm EST

September 8 – December 15, 2021

Text 857-225-0230 for more info

Flourishing Families

family coaching and monthly webinars
& listening sessions to support the
families of young adults

Text 617-483-3827 for more info

Peer-run Activities

a range of weekly outings & workshops
to build belonging & community

September 13 – December 10, 2021

Text 617-483-3827 for more info

