



# Mental Health Awareness & Wellness Week at Berkeley Law

**OCTOBER 10-12**



**10 TUESDAY – 9-10 AM**  
Morrison Foerster Room (298 Simon)

Coffee, Tea, &  
Mindfulness

**1-2 PM** Strategies for Avoiding  
Law School Burnout

Room 140 - Lunch provided  
With ASP Professors DiGennaro and Hernandez

**11 WEDNESDAY – 1-2 PM**  
Steinhart Courtyard

Cupcakes &  
Resources

Meet and greet with Student Services, ASP, ADP,  
Financial Aid, and Law School Psychologists

**12 THURSDAY – 1-2 PM** Mindfulness Break  
with Professor Fernholz  
Room 170 - Lunch provided

See Berkeley Law Events Calendar for more information

Sponsored by Student Services at Berkeley Law