

Come check it out!

📅 September 13, 2017 / ✉ Email a correction for this post

Its National Suicide Prevention Week

submitted by detloff@augsborg.edu

If you think someone is thinking about suicide, assume you are the only one who will reach out. Here's how to talk to someone who may be struggling with their mental health. http://afsp.org/wp-content/uploads/2017/05/AFSP_HaveAConversation-1.pdf

At Augsburg after hours phone counseling is available by calling the CWC office at 612-330-1707 and pressing 1 to be connected to a counselor. On campus counseling is available to students Monday through Friday during business hours with up to 10 free sessions in the Center for Wellness and Counseling office located on the first floor of the Anderson Residence Hall. Contact CWC at 612-330-1707 if you want to schedule an appointment.

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Event Announcements

Yoga Express 10:45 – 11:30 a.m.

submitted by monsone@augsborg.edu

STARTING THIS WEEK 9/12 thru 12/14

Exercise and meditation practices are proven to be beneficial to students and athletes by promoting healthy sleep patterns, more restful sleep and greater memory retention.

All levels welcome – Open to current students, alumni, faculty & friends!

Vinyasa yoga and guided breathing meditations beginning at 1045 and finishing by noon every Wednesday this semester in Si Melby 130(Raquetball court) – mats & blocks provided.

Questions? Email monsone@augsborg.edu

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“Festive Occassion” Welcome Back Dinner with Ebenezer Tower

submitted by greenaa@augsborg.edu

Whether you've been to a Friday Ebenezer Tower dinner with Campus Kitchen once or every week for the last four years, you are invited to join us for “A Festive Occassion” celebration dinner provided by our friends at Ebenezer. Residents Fred & Bettie are cooking up a potluck dinner and some kind of exciting celebration for all of us “young scholars.”

Friday, Sept. 22, 6-7pm

All are welcome!

Please RSVP on facebook: www.facebook.com/events/373547376394904

or on VolunteerHub: <https://campuskitchens.volunteerhub.com/lp/ckac/events/index>

From the organizers: “We never know what will come through the door in the Friday evenings, but there's always a rush of appreciative expectations. The smiles and greetings are so refreshing and they don't just show up on young faces. The evening of Friday, September 22nd, will be a chance to celebrate our gratitude to these young scholars who volunteer their time to bring us buffet dinners throughout the school year.”

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Transit Fair – Tuesday, Sept. 19