These events are free & open to the public.
For more information on Power of One week
please visit msubillings.edu/mlk

reaching RESILIENCE

Monday, Jan. 15

Bell Ringing Ceremony

9:50am, Peaks to Plains Park, with reception to follow in SUB Atrium

Tuesday, Jan. 16

PostSecret Live with Frank Warren, Keynote Speaker

7pm, Petro Theater; book signing to follow

PostSecret

Wednesday, Jan. 17

DIY Stress Relief Crafts

11-1pm, City College Commons

Inside Out Movie Screening

6pm, Petro Theater

Thursday, Jan. 18

DIY Stress Relief Crafts

11-1pm, LA Bldg

Reaching Resilience and Goal Setting

6pm, Beartooth Room; workshop and taco bar

Saturday, Jan. 20

Service Saturday

9:30am, SUB Atrium

OTHER RESOURCES & PROGRAMS

Unpacking Suicide
Displays in the SUB Atrium & City College Commons throughout the week.

Kognito Suicide Prevention Training for students & staff
kognitocampus.com/login

National Suicide Prevention Lifeline
1-800-273-8255

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