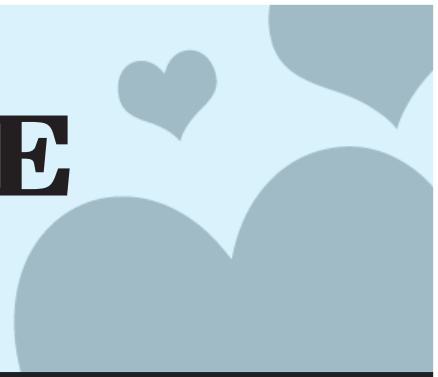




# PAWSITIVE *bodies + minds*



## **M** Dare to Dream Film Screening

Monday, March 12 | 5:30 - 7:00 p.m.  
Commons: Skylight Room

This film tells the story of the largest medical school in the world in Havana, Cuba. The story is told through the eyes of students who received scholarships with the commitment to return home, and practice medicine in underserved communities in the United States. A discussion will follow led by Marina Adler, Ph.D. (Professor, Sociology, Anthropology and Health Administration and Policy) and Leslie Salgado (Founder, Friends of Latin America "FOLA").

## **T** Crosscultural Bystander Intervention

Tuesday, March 13 | 5:30 p.m. - 7:30 p.m.  
Commons: Skylight Room

Please join us for this interactive session on bystander intervention. We hope to teach others how to step up and be supportive when fellow community members are facing harassment and hate speech. This bystander training provides a grounding in the principles of nonviolence and de-escalation, followed by interactive scenarios where we practice our new skills.

## **W** Mundo Lingo: Hillel, Friends, and Healthy Minds

Wednesday, March 14 | 4:00-6:00 p.m.  
Commons: Sports Zone

An expansion of the ELI's Conversation Café which is an open meeting where any student can come for casual conversation, learn more about the Mosaic, and fun group activities. This session will highlight UMBC's Hillel and healthy practices that can help you throughout the semester. Snacks, games, and ice-breaker activities will be provided and then the attendees are left to freely converse in an informal atmosphere.

## **Th** Cultural Differences and Mental Health

Thursday, March 15 | 5:30 p.m. - 7:00 p.m.  
Commons: Skylight Room

Come join us and the Counseling Center staff, for a seminar presentation, and discussion on cultural differences in mental health. This event will cover basic sociological health issues that are interrelated with cultural identity, racial identity and nationality. Topics will include the different perceptions, conceptualization, and social construction of mental health and illness from various groups across the world.

## **F** Mosaic Self Care Hour: Make Your Own Slime

Friday, March 16 | 11:00 a.m. - 1:00 p.m.  
Commons: Skylight Room

Need a break from school and work? Come de-stress and with the Mosaic by making your own slime! Tips will be available on how to continue your self-care throughout the semester. Materials and snacks will be provided just bring yourself!

Pawsitive Bodies+Minds (PBM) is a week composed of multi-disciplinary programming, highlighting the intersections between cross-cultural diversity, identity, health and medicine.

We hope this week engages UMBC community members to think about diversity and inclusion in a new way: the important role that identity plays into our bodies and minds. This week will include a focus on various identities and practices that affect our well-being including socio-economic class, spirituality, nationality and self-care.

Have any questions? Email us at [mosaic@umbc.edu](mailto:mosaic@umbc.edu)

Approved for posting in Residential Facilities  
C.A. Malone 2/2/2018