February is for You!

In the spirit of February, it's time to focus on you. Whether you're looking to improve your mental health, make new friends, or learn a new skill, this month offers a variety of resources and events to help you achieve your goals.

Mental Health Resources

If you're feeling overwhelmed, a good place to start is with the Center for Health and Wellness. They offer a range of services to help you maintain your mental health, including virtual therapy sessions, workshops, and self-care resources. Visit their website to learn more about their services or schedule an appointment.


date: 2/14

It's also important to take care of your physical health. The Wellness Center offers a variety of fitness classes and resources to help you stay active and healthy. Whether you're looking to lose weight, build muscle, or improve your flexibility, they have something for you.


Equality & Inclusion

March is also a month to celebrate equality and inclusion. This year, the Center for Equity, Diversity, and Inclusion is hosting a variety of events to promote understanding and acceptance. Check out their calendar to see what's happening in your area.


Food Pantries & Scholarships

For those in need, food pantries and scholarships are available to help support you throughout the month. Visit the Office of Financial Aid website to learn more about available resources.


UCSB Events

Finally, don't forget to check out the UCSB Events website for a list of upcoming events and activities. Whether you're interested in arts and culture, sports, or community service, there's something for everyone in February.


Stay tuned for more updates and resources in February. Happy February!