

# Go Relax

Need a chance to destress? Join the Office of Care and Civility for a series of relaxing activities to help you unwind.

**Where: HSC Library, 3rd Floor**

**When: June 23rd, 11am-1pm**

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Can't make it to the event? Try our  
[Virtual Relaxation Room](#)

In need of counseling or support? [My SSP](#)  
provides free 24/7 counseling to all students

[Office of Care and Civility](#)