

# OUT OF THE DARKNESS WALK

JHU Week of Action



## Friday, 4/9

1-2pm: AFSP presents Talk Saves Lives:  
An Introduction to Suicide Prevention  
[Register HERE](#) before April 9 at 12 pm.

1-2pm: Break Free from Depression 4  
week workshop series  
[Register HERE](#)

## Saturday, 4/10

9:30- 10:30am: Mindful Self-Care  
and Compassion Session  
facilitated by Nila Mechali Berger

[Join HERE](#)

Meeting ID: 955 5254 6138;  
Passcode: 418012

## Monday, 4/12

12:00 noon and 5:00pm (30 mins): JHU Out  
of the Darkness Walk Info Sessions

12pm: [Join HERE](#)

Mtg ID: 921 5862 4381; Passcode: 210653

5pm: [Join HERE](#)

Mtg ID: 935 2203 8290; Passcode: 705826

## Tuesday, 4/13

12- 1pm: Connecting to Mental Health  
Resources

[Join HERE](#)

6pm: Out of the Darkness Talk: How to  
Support a Friend

[Register HERE](#)

## Wednesday, 4/14

3:30-5pm: QPR Training for Faculty &  
Staff - [Join HERE](#)

Mtg ID: 936 0102 4467; Passcode: 279783\_

5:00- 6:00pm: Mindful Yoga Workshop in  
Honor of Suicide Prevention & Awareness

[Join HERE](#)

Mtg ID: 933 7134 6285; Passcode: mindful

## Friday, 4/16

4-5pm: Mindfulness Music Session

[Join HERE](#)

Mtg ID: 919 0098 4081; Passcode: 298739

## Saturday, 4/17

11-12pm: AFSP presents It's Real:  
College Students and Mental Health

[Register HERE](#)



Go to: [JHSAP Events](#) for details and registration links!

To register for the Out of the Darkness Walk go to:

<https://afsp.donordrive.com/team/johnshopkins>