

Election Week Activities and Support Sessions

***Monday, November 2, 2020, 6 pm (GCSW Student Organizations Self-Care Week Activity)**

Charades Night led by Association of Black Social Workers – GCSW Chapter

Tuesday, November 3, 2020 - Election Day

All classes are asynchronous to encourage voting and participation in election day activities. Consider participating in one of the activities on the attached list of Election Day activities for and take a look at this [resource page created for the GCSW community](#) for ways to support voter engagement.

***Tuesday, November 3, 2020, 5pm (GCSW Student Organizations Self-Care Week Activity)**

Write Your Heart Out led by Huda Bint Adnan, GCSW Legacy Project

***Wednesday, November 4, 2020, 12pm (GCSW Student Organizations Self-Care Week Activity)**

Post-Election Venting Circle led by Stephani Leota, GCSW Student Association and Christian Capo, Students for the Advancement of International Social Work

***Thursday, November 5, 2020, 6:30pm (GCSW Student Organizations Self-Care Week Activity)**

Self-Care Poetry Slam led by Micki Rodriguez and Sophia Campos, Latinx Student Association

***Friday, November 6, 2020, 7pm (GCSW Student Organizations Self-Care Week Activity)**

K-Beauty Face Mask & Bingo Night led by Association of Asian American Social Workers

Sunday, November 8, 2020, 3pm

GCSW's FIRST IN PERSON OUTDOOR EVENT ON CAMPUS (MASKS + SOCIAL DISTANCE REQUIRED)!

What Just Happened? What Does It All Mean? Where Do We Go From Here? Led by Dr. Suzanne Pritzker, GCSW Faculty (face to face option)

RSVP [here](#) and additional information will be shared

Monday, November 9, 2020, 7pm

What Just Happened? What Does It All Mean? Where Do We Go From Here? Led by Dr. Suzanne Pritzker, GCSW Faculty (online option)

Link: <https://zoom.us/j/97676043753>

**For all student-led events, register here - tinyurl.com/gcswselfcare. Information will be sent to you by the sponsoring student organization.*

Self-Care Tools

- Make a self-care plan for the election here: <https://www.self.com/story/post-election-self-care>
- Implement a daily self-care routine with this app: www.theshineapp.com
- Listen to Let's Talk Politics: Navigating these next few weeks with Dr. Suzanne Pritzker and Tayler Duden: <https://t.co/xiNvGoyl2n?amp=1>