### **Advanced Peer Counseling Presents:**

Awareness Week 2019

### HARMONY



Oak Park High School Advanced Peer Counseling is excited to introduce Awareness Week 2019: *HARMONY*. We see harmony as a peaceful coexistence within the self and with others. Because we are living in a world filled with social polarization both physically and emotionally, it has become our generation's duty to embrace unification and one another, regardless of our individual differences. This theme is put in place to inspire students to not only tolerate differences but to invite individualities of all kinds by coming together. The week will focus on awareness and mindfulness and will include guest speaker, Gracie Fisher, current UCSB student. She will share her powerful story of resilience, following a debilitating virus which left her paralyzed. During the week, we will have other informative speakers and activities revolving around the theme of harmony.

### Monday, December 2<sup>nd</sup>

- Mindfulness and Art in the Yurts: @ lunch on the Great Lawn
- "I am..." ribbon activity: @ lunch by the i-building
- Identity Coexistence Student Panel: @ lunch in room G9

#### Tuesday, December 3rd

- Guest speaker Gracie Fisher: @ lunch in the Pavilion
- No Place for Hate ADL Presentation: @ 7<sup>th</sup> in room G9

#### Wednesday, December 4<sup>th</sup>

- Mindfulness and Art in the Yurts: @ lunch on the Great Lawn
- "I Wish..." Activity: @ lunch on the Great Lawn

### Thursday, December 5<sup>th</sup>

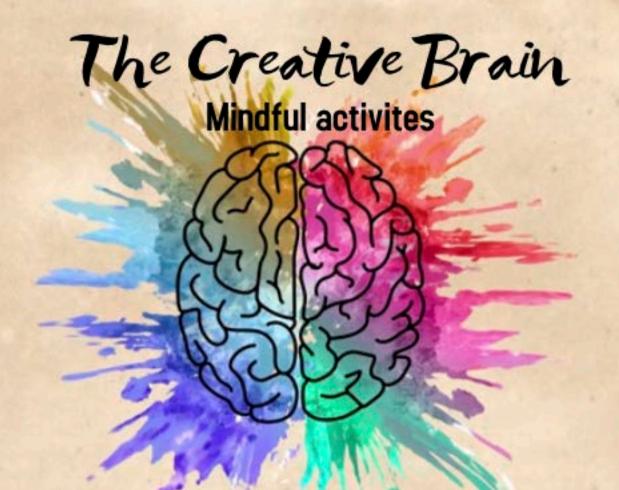
• Therapist Evan Simmons: "Creating Balance and Connection When you Feel Overwhelmed": @ lunch in the Pavilion

### Friday, December 6th

• Music @ lunch on the Great Lawn

# ADVANCED PEER COUNSELING PRESENTS **20** 19 ACTIVITY

MONDAY, DECEMBER 2ND AT LUNCH BY THE I-BUILDING



### In the Yurt at Lunch Great Lawn

Monday and Wednesday

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### JOIN US !

# YURT ACTIVITIES

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Monday and Wednesday on the Great Lawn

# MEDITATION in the Yurt

### Lunch

Monday and Wednesday

**Great Lawn** 

Advanced Peer

Counseling

Carly Scool

### Advanced Peer Counseling Presents:

# GRACE FISHER

Transforming the Possibilities

Tuesday, December 3rd at lunch in the Pavilion





Tues. Dec 3



## No Place for Hate

# Presented by the Anti-Defamation League.

### Advanced Peer Counseling

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### DURING LUNCH ON The great lawn



### ADVANCED PEER COUNSELING

# THERAPIST EVAN SIMMONS **"CREATING BALANCE AND** CONNECTION WHEN YOU FEEL **OVERWHELMED**"

Thursday, December 5th

At Lunch in the Pavilion