

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 2nd

- 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: @ 7th in room G9

Wednesday, December 4th

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

Thursday, December 5th

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

Friday, December 6th

- Music @ lunch on the Great Lawn

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19

ADVANCED PEER COUNSELING
PRESENTS

"I AM..." IDENTITY ACTIVITY

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

The Creative Brain

Mindful activities



**In the Yurt at Lunch
Great Lawn**

**Monday and
Wednesday**

JOIN US !



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YURT ACTIVITIES

Monday and Wednesday on the Great Lawn



MEDITATION in the Yurt

Lunch

Monday and Wednesday

Great Lawn

*Advanced Peer
Counseling*

**Advanced Peer Counseling
Presents:**

GRACE FISHER

**Transforming the
Possibilities**

**Tuesday, December 3rd
at lunch in the Pavilion**



powered by

 **PIKTOCHART**

Tues. Dec 3

G9 - 7th period

No Place for Hate

**Presented by the
Anti-Defamation
League.**

**Advanced Peer
Counseling**

I wish...

**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**