

# Office of Specialized Services at Ramapo College Schedules Events for Disability Awareness Month

MAHWAH, N.J. -- October is Disability Awareness Month. The Office of Specialized Services at Ramapo College has events scheduled throughout the month. Events are free and open to the public.

**\*Wednesday, October 7** -- 3:45 to 5:15 p.m., SC 157/158

Keynote Speaker, Hakeem Rahim, Ed.M., M.A., mental health awareness expert and trainer, will present *"The Highs and Lows of Life; From Harvard to the Hospital and Back Again: One man's journey with mental illness."*

Hakeem will share his personal story of being diagnosed with Bi-Polar Disorder after experiencing a manic episode when he was a student at Harvard University. He will guide us to explore and transform the way in which we think about mental illness and encourage Ramapo students to embrace change and look at failure as an opportunity for growth and a foundation for building deep resilience.

Co-sponsors for the event are the Center for Health and Counseling, EOF and West Bergen Mental Healthcare.

**\*Wednesday, October 14** – 2 to 4:30 p.m., Fishbowl

*"Wellness Wednesday"*

Free Wellness Kits, Depression Screenings, free T-Shirts to the first 25 students in attendance, Stress Buster Strategies, Tea Tasting, Stomp Out Stigma, #RCNJFightTheStigma

Co-sponsors are Health Awareness Team, Active Minds, Center for Health and Counseling

**\*Tuesday, October 20 – 12:05 to 1 p.m., SC-157**

Student Panel: *"Just because you don't see it doesn't mean it isn't there"*

Ramapo students share their stories of living with a mental illness and provide a forum for other students to ask questions and have an open discussion about mental illness.

**\*Wednesday, October 21 – 11:30 a.m. to 1 p.m., SC-157**

Speaker Isaac Brown, CEO of Baltic Street, AEH, Inc., presents *"From the very bottom to success – a personal journey"*

A consumer of mental health services himself, Isaac identifies with the people he assists daily at Baltic Street. Baltic Street is a peer-run, not-for-profit corporation dedicated to improving the quality of life for people living with mental illness. Isaac will share his story of mental illness, recovery and success.

**\*Tuesday, October 27** – 5 to 7 p.m., Salameno Spiritual Center

Mandala Workshop, led by Laura Loumeau-May, Art Therapist

The Mandala (Sanskrit for “circle” or “completion”) has a long history and is recognized for its deep spiritual meaning and representation of wholeness. The very nature of creating a mandala is therapeutic and symbolic. Participants will learn the concept of the healing powers of Mandala and be guided to create their own Mandala.

*Disclaimer* – This workshop is not an actual therapy session, but rather an opportunity to learn how Mandala can be used to reduce stress and increase mental health.

This event is limited to 20 participants. RSVP is necessary. Please email Abbe Benowitz at [abenowit@ramapo.edu](mailto:abenowit@ramapo.edu) or call 201-684-7693 to reserve your spot.