Mondays (12:00 pm - 1:00 pm)

Mana‘o Mondays sessions is a safe space to connect with fellow students and campus mental health and wellness counselors via Zoom. Though the information you will learn is aimed to help you with stress, anxiety and other tips for success in school, these are talk-story virtual gatherings and not therapy sessions. You must be a currently enrolled student at Honolulu CC, Kapi‘olani CC, Kaua‘i CC or Windward CC to participate.

Please sign up to join: http://go.hawaii.edu/zX3

Tuesdays (11:30 am - 1:00 pm)

Drop-In on Zoom each Tuesday and speak to our counselors for support

- Title IX Coordinator – Devon Peterson
- Ka‘au Program for Student Mental Health and Wellness – Cindy Melim
- Student Parent – Brooke Conway
- UH Confidential Advocate – Madoka “Doka” Kumagai

Zoom Link: https://hawaii.zoom.us/j/95435870472
Password: Talk Story

Wednesdays (5:00 pm HST)

Are you an international female student at one of the partnering schools below and speaks English as second language? Join our International Women’s Group and connect with other female learners from around the world, share common successes and challenges, and form life-long friendships. Participants will be screened for appropriateness and asked to keep group discussions confidential.

To participate, please email Cindy Melim: cindymkshawaii.edu

Partnersing Schools
Kapi‘olani Community College (KapCC) | University of Hawai‘i – West Oahu (UHWO)
Leeward Community College (LeeCC) | Hawaii Tokai International College (HTIC)

Mondays & Thursdays (5:00 pm)

7 Health Benefits of Zumba

- It’s fun
- Great for weight loss
- Tones your body
- Boosts your heart health
- Helps you de-stress
- Improves coordination
- Makes you happy

Source: Piedmont Healthcare

For more information on the Ka‘au Program for Student Mental Health & Wellness, please click here