

HEY TOMMIES,  
GET READY FOR

# TOMMIE GIVE DAY 2019

# The Impact Project

## Pen O' Puppies

**When:** Tuesday November 12th from  
11:45-1:15pm

**Where:** LL of OSF Library

**What:** \$5 for 5 minutes of cuddles

## MN Nice Cream Truck

**When:** Tuesday November 12th from  
4:00-6:00pm

**Where:** St. Thomas Arches

**What:** \$5 limited-edition Tommie cones

All proceeds raised from the events  
and hat sales support The Impact  
Project: Mental Health Resource Fund

SWING DANCE CLUB



Special performance by  
the UST Swing Dancers  
from 4:00-4:30pm



# The Impact Project

**The Impact Project is a student-led initiative that promotes awareness of the impact we can all make at St. Thomas.**

In 2018-19, The Impact Project's proceeds will support the Sustainability Fund, one of whose goals is to help St. Thomas achieve carbon neutrality by 2035.

With every purchase of a Great Lakes baseball cap, you are helping St. Thomas become a more sustainable community.



For more information about  
The Impact Project:

[link.stthomas.edu/impactproject](http://link.stthomas.edu/impactproject)





The Pollinator Path illuminates lessons about the relationship between ornamental plants and pollinators.



The new student Bike Ambassadors program fosters a culture of cycling among Tommies.



The Sustainable Communities Partnership works with cities and government entities to integrate sustainability projects into St. Thomas courses, and to engage students in research and problem-solving.



For more information on the Office of Sustainability Initiatives (OSI):

[stthomas.edu/osi](https://stthomas.edu/osi)

# The Impact Project

**The Impact Project is a student-led initiative focused on highlighting areas on campus that we can support.**

- We believe in the power of generosity.
- We believe in the impact we all can make.

The 2019-20 Impact Project's proceeds will support mental-health resources at St. Thomas.

With every purchase of a knit hat, you help support and bring awareness to the awesome ways in which our community is here for you. Three mental-health resources we are excited to promote are:

**Pathways to a Better You**  
**Let's Talk**  
**Group Counseling**

For more information about  
The Impact Project:

**[link.stthomas.edu/impactproject](http://link.stthomas.edu/impactproject)**





## Pathways to a Better You

An interactive workshop designed for all students that focuses on three separate, but related, topics each week: practicing self-care, coping with feelings, and living by your values.



## Let's Talk

Students are able to meet with professional staff from Counseling and Psychological Services. A counselor will listen closely to your concerns and provide support, perspective, and suggestions for resources.



## Group Counseling

A powerful tool for growth and change. Groups provide a unique opportunity to receive multiple perspectives, support and encouragement from other individuals in a safe and confidential environment.

**We are here for you, Tommies!**  
**Come check us out!**

For more information about these resources:  
[stthomas.edu/counseling](https://stthomas.edu/counseling)