



Congrats Graduates!

The graduation ceremony will take place on Friday, May 10, 2024 at 9:30 a.m. and 2:30 p.m. at the Denver Coliseum, where the graduates will be honored for their accomplishments.

Friends, family, and members of the community are invited to share in the joy of this special occasion and show their support for the graduates as they embark on the next chapter of their journey.

Congratulations to all of our international Roadrunners graduating this Spring!

Cinco De Mayo

Every year on May 5, many people in the U.S. celebrate Cinco de Mayo, a holiday honoring Mexico's triumph against the Second French Empire at the Battle of Puebla in 1862. The robust Latino community in The Mile High City is highlighted by Denver's Cinco de Mayo "Celebrate Culture" Festival, which is a weekend full of food, fun, and culture. Anticipated attendance exceeds 400,000, making it one of Denver's most enjoyable events.



AAPI Heritage Month

The Colorado Office of Economic Development & International Trade partnered with the Asian Chamber of Commerce host events for AAPI Heritage Month through May into July. Check out AAPI Wellness Day: A Space for Generational Healing on May 7th or view the other events offered here:

<https://oedit.colorado.gov/blog-post/celebrating-asian-pacific-american-heritage-month>

Monthly Motivation

“I’m not going to say it wasn’t hard. But I had to let go. And I learned that when you not only let go, but open your arms wide and learn the lessons, that an experience — no matter how bad — can teach you. That’s when you rise.”

– Ann Curry

Dates & Reminders

- **Classes End: 4th**
- **Final Exam Week: 6th -10th**
- **Spring Commencement: 10th**
- **Memorial Day (Campus Closed): 27th**
- **Maymester Begins: 28th**



Wellness Abroad: *Mental Health and Self-Care*

Mental health awareness month (MHAM) recurring every May to increase awareness about the importance of mental health and well-being. Self-care methods including stress management, time management, and maintaining healthy work-life balance is an essential part of academic success. Encouraging each other to reach out for support when needed, whether it's from friends, family members, teachers, counselors, or mental health professionals. Remember that it's okay to ask for help and that you are not alone.



Addressing Stigma

Stigmas surrounding mental health abroad are often deeply ingrained in many cultures, leading to widespread misconceptions and barriers to seeking help. In some countries, mental health issues are viewed as a sign of weakness or a lack of willpower, causing individuals to suffer in silence rather than reaching out for support. This can result in detrimental effects on the well-being of those affected and their communities as a whole.

Breaking down these stigmas and promoting mental health awareness is crucial in creating a more inclusive and supportive environment for everyone. By fostering discussions, providing education, and encouraging empathy, we can work towards a society where seeking help for mental health concerns is not only accepted but also encouraged. Together, we can challenge these stigmas and make a positive impact on the well-being of individuals worldwide.



Counseling Center

Currently offering both in-person and virtual services in order to best meet the needs of all students.

Location:

900 Auraria Parkway
Tivoli Building, Suite 651
Denver, CO 80217