



## **President's Commission on the Status of Women** 2023-2024 Activity Summary

May 22, 2024

Health & Wellness Committee

**Question Persuade, Refer: A Suicide Prevention Training**

Collaboration with Counseling and Psychological Services

May 10, 2024

Career Development Committee

**Communicating Your Value and Organizing Your Day to Better Serve**

May 3, 2024

Health & Wellness Committee

**May Mental Health Awareness Month Proclamation from the State of Michigan**

Initiated request and granted by Michigan Governor Gretchen Whitmer

May 1-31, 2024

Health & Wellness Committee

**Mental Health Awareness Month Activities, Collaboration with Wellness Warriors**

May 7, 15, 28: **Therapy Dogs,**

May 8: **Yoga,**

May 10: **A Conversation on Mental Health – Resource Webinar**

Wednesdays in May: **Meditation**

Tuesdays and Thursdays in May: **Walking Club**

April 19, 2024

Social Justice & Gender Equity Committees

**Take Back the Night Detroit**

Collaboration with Office of Sexual Violence Prevention and Education

March 18-April 3, 2024

Social Justice Committee

**Totes for Hope:** On Campus collection of donated hygiene products and non-perishable food, with distribution of one hundred individual tote bags to the WSU Pantry and COTS Peggy's Place

March 12, 2024

Gender & Equity Committee

**Equal Pay Day Bake Sale**

February 27, 2024

Health & Wellness Committee

**The Benefits No One Talks About – Long-Term Care & Life Insurance**

With TrustMark and Sun Life

February 26, 2024

Gender & Equity Committee

**RAD Training – Self Defense is for Everyone**

January 18, 2024

Career Development Committee

**Warriors of Distinction Award Ceremony**

Honoring Student, Alumni & Employee Award Winners

Recognition of 2023 Scholarship Recipients

December 11, 2023

Social Justice Committee

**Conversation and Lunch featuring Danielle Atkinson**

WSU BOG member & Founding Director of Mothering Justice

Thursdays in November 2023

Health & Wellness Committee

**Thankful Thursdays**