# Navigating Election Season

### Navigating Complex Emotions During Election Season

Nov 4th at 6 PM in Woodhead Lounge Dinner Provided

**Election Self-Care Space** Nov 5th from 7-9 PM at WesWell (287 High St)

Dessert Provided

#### **Planting Hope**

Nov 6th at Noon in WesWell (287 High St) While Supplies Last

#### WeShare: Post-Election Reflection and Care

Nov 12th at 6 PM in Allbritton 311 Dinner Provided

## VOTE

#### MORE DETAILS CAN BE FOUND ON WESNEST Please send any accommodation and accessibility questions and/or requests to weswell@wesleyan.edu

Programming series brought to you by the Office of Religious and Spiritual Life, WesWell, and Counseling & Psychological Services