**February**

3 Fellship Listening Circle  
7pm, Scan the QR Code to reserve your spot.

8 QPR (Question, Persuade, Refer) Suicide Prevention Training  
7pm, Scan the QR Code to reserve your spot.

10 New Year, New You! Workshop  
6pm, Reserve your spot on Handshake

11 Aphrodisiac Dinner  
6pm, Scan the QR Code to make your reservation.

17 Where is the Love? Wednesday Painting with POWER, ODEI, CASA and OIA  
6pm, Scan the QR Code to reserve your spot.

23 One Love Escalation Workshop  
7pm, All are welcome at https://villanova.zoom.us/j/95546813804

25 Ask a Sex-pert Workshop with Dr. Mark Levand  
7pm, Registration TBD

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**Monthly Challenge: Cut the Clutter**

Earn a Love Buck and receive sticky notes and a pen when you complete the challenge.

**March**

7 The Faces & Fashions of Villanova Annual Fashion Show, 7pm

9 QPR (Question, Persuade, Refer) Suicide Prevention Training  
8pm, Scan the QR Code to reserve your spot.

17 Where is the Love? Wednesday Painting with POWER and Campus Ministry, Time TBD

18 Listening Circle: Eating Healthy with Limited Resources  
5:30pm, Scan the QR Code to reserve your spot.

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**Monthly Challenge: Better Bites**

30-day Challenge - Register on your own or as a team starting on 3/1. Registration closes on 3/12. Challenge begins on 3/8. Earn a Love Buck and receive a measuring bowl or snack container when you complete the challenge.

**April**

7 QPR (Question, Persuade, Refer) Suicide Prevention Training  
5pm, Scan the QR Code to reserve your spot.

11 Trauma-Informed Yoga for Survivors  
Time TBD

13 Listening Circle: Stress Management  
6pm, Scan the QR Code to reserve your spot.

14 Where is the Love? Wednesday Painting with POWER and Title IX, Time TBD

20 Science of Stress Workshop  
5pm, All are welcome at https://villanova.zoom.us/j/9366065380

21 One Love Escalation Workshop  
7pm, All are welcome at https://villanova.zoom.us/j/96315040864

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**Monthly Challenge: Relax & Revive**

30-day Challenge - Register on your own or with a team starting on 3/29. Registration closes on 4/6. Challenge begins on 4/5. Earn a Love Buck and a study kit for completing the challenge.

**May**

4 Stress-Free Healthy Happy Hour with POWER, Time TBD