



OCTOBER 2026 CALENDAR

Check out where you can find UCA WAVES this Substance Use Prevention Month!

UCA WAVES & THE RESILIENT VOICE PROJECT: TEEN JOURNALING GROUP

- **DATES:** 10/03; 10/10; 10/17; 10/24; 10/31
- **TIME:** 11:00 AM-12:00 PM
- **LOCATION:** 2438 SW Cary Pkwy, Cary, NC 27513

ADULT MHFA TRAINING (ENGLISH)

- **DATES:** 10/03
- **TIME:** 12:00 PM-6:30 PM
- **LOCATION:** Online (Zoom)

WAVES VILLAGE PEER SUPPORT GROUP: LIVING AS YOUR TRUE SELF - BUILDING WARM AND SUPPORTIVE RELATIONSHIPS

- **DATES:** 10/04; 10/11; 10/18; 10/25
- **TIME:** 7:30 PM-9:00 PM
- **LOCATION:** Online (Zoom)

MHFAIDERS PEER SUPPORT

- **DATES:** 10/04
- **TIME:** 8:00 PM-9:30 PM
- **LOCATION:** Online (Zoom)

NC LOCAL PEER SUPPORT: WOMEN'S GROWTH

- **DATES:** 10/06; 10/13/ 10/20; 10/27
- **TIME:** 10:00 AM-12:00 PM
- **LOCATION:** Online (Zoom)

WAVES VOLUNTEER SITTING MEDITATION PRACTICE

- **DATES:** 10/06; 10/13/ 10/20; 10/27
- **TIME:** 9:00 PM -10:00 PM
- **LOCATION:** Online (Zoom)

NC LOCAL PEER SUPPORT GROUP: PARENTS OF ADOLESCENTS

- **DATES:** 10/07; 10/14/ 10/21; 10/28
- **TIME:** 10:00 AM-12:00 PM
- **LOCATION:** 800 Park Offices Dr, Research Triangle Park, NC 27709

FAMILY WELLBEING ACTIVITIES & HAPPY HOUR

- **DATES:** 10/08
- **TIME:** 5:00 PM-6:30 PM
- **LOCATION:** 800 Park Offices Dr, Research Triangle Park, NC 27709

QPR TRAINING

- **DATES:** 10/11
- **TIME:** 10:00 AM-11:30 AM
- **LOCATION:** Online (Zoom)

LGBTQ PEER SUPPORT

- **DATES:** 10/11
- **TIME:** 8:00 PM-9:30 PM
- **LOCATION:** Online (Zoom)

PEAK RESILIENCE: A COMMUNITY CONVERSATION ON SUICIDE PREVENTION

- **DATES:** 10/17
- **TIME:** 2:00 PM-5:00 PM
- **LOCATION:** Apex Senior Center, 63 Hunter St, Apex, NC 27502

RWJF CHANGE LEADERSHIP PROGRAMS ALUMNI NETWORK (CLPAN)

- **DATES:** 10/19-10/23
- **TIME:** All Day
- **LOCATION:** Oakland, California

APHA CONFERENCE

- **DATES:** 10/31-11/4
- **TIME:** All Day
- **LOCATION:** San Antonio, Texas

LEARN MORE!



SCAN THE QR CODE TO LEARN MORE ABOUT
EVENT DETAILS AND REGISTRATION!

