About the Post

The Programming Post is the PRC’s monthly newsletter. It exists to give you helpful hints and ideas for activities and events you can hold for your residents, as well as news from the PRC!

This just in!

A new small hot laminator, new fancy bordette, stickers and more! The PRC is always updating its inventory to satisfy your needs, so come in and see what we have!

Bulletin Board Contest

Create a bulletin board on mental health using bubble wrap. Post pictures of completed boards on the PRC Facebook page by October 22nd. Winner can choose to have a bulletin board or program done by a PA.

Like us on Facebook by searching “Program Resource Center at William and Mary” to get ideas, updates, and contest results.

Happy Halloween
The PRC has some great pre-made bulletin boards for you. Check out these, which are perfect for this month!

**Bulletin Boards in a Bag:**
- Living With Someone (the Roommate From Hell)
- Halloween Dinner
- We Didn’t Start the Fire (Fire Safety)
- How to Eat Healthy
- Fun With Candy
- Love Languages

**Posters:**
- Microwave Safety
- Personality Types
- Breast Cancer
- 101 Ways to Wellness
- Awkward Situations
- Safe Zone

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**What’s Happening**

**Monthly:**
- Eat Better, Eat Together Month
- National Breast Cancer Awareness Month
- National Cyber Security Awareness Month
- National Popcorn Poppin’ Month
- Squirrel Awareness Month
- Positive Attitude Month
- National Sarcasm Awareness Month
- Bat Appreciation Month

**Weekly:**
- Great Books Week 2-8
- Mental Illness Awareness Week 2-8
- Fire prevention Week 9-15
- World Rainforest Week 10-15
- Freedom of Speech Week 16-22
- Peace, Friendship, and Good Will Week 24-30
- National Massage Therapy Week 25-29

**Daily**
- National Lace Day 1
- Techie’s Day 2
- National Kick Butt Day 10
- National Coming Out Day 11
- National Bring Your Teddy Bear to Work and School Day 12
- Dictionary Day 16
- Evaluate Your Life Day 19
- Frankenstein Friday 28
- Checklist Day 30

**Programming Ideas**

- Have a hall potluck
- Start a book club
- Have a Halloween Party
- Visit Lady Skipwith (and the other CW ghosts)
- Bring in a firefighter or campus policeman to talk about safety
- Relaxation sessions Wednesdays 1:15-1:45
- Breast Cancer Wellness Workshop Oct. 18
- Dancevent 8 PM Oct. 21