



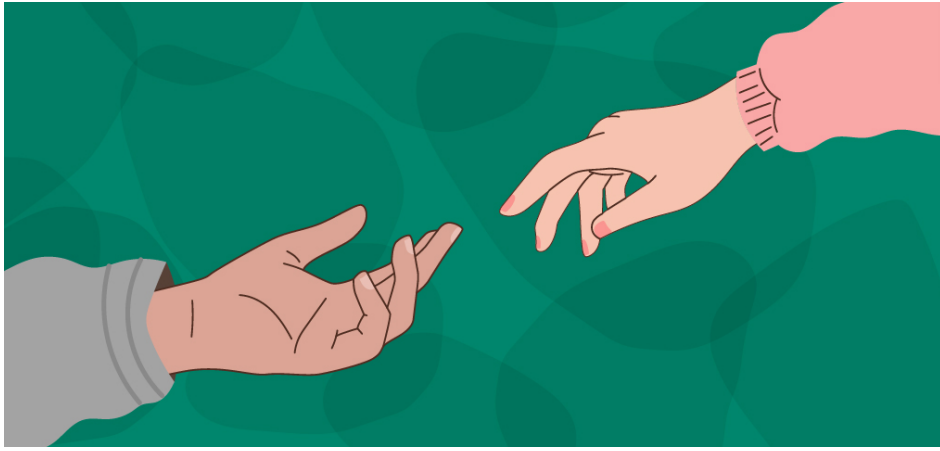
February: Relationships and Connections

Welcome to the February edition of CoogsCARE Monthly! This month, we explore the intricacies of fostering healthy connections, navigating consent and highlighting the profound impact of kindness on campus. Together, let's follow the interconnected threads that weave our community together as we embark on a journey of exploration and discovery.



Feature





Navigating Consent and Support

At the University of Houston, we promote and support the development of healthy relationships through several campus resources. Laura Zavala-Membreno, director of the Women and Gender Resource Center at UH, emphasizes the importance of positive connections, highlighting the key role of consent.

Consent Candygrams

The Women and Gender Resource Center is celebrating Valentines Day with Consent Candygrams. Come by and pick up a sweet surprise with a consent-related message—they make great gifts for a partner, friend or for yourself!

The free event is from 10 a.m. - 2 p.m., Feb. 14 and is open to everyone!



[Read More](#)

UH Kindness

We asked our students about random acts of kindness they've experienced or been a part of, and they responded with inspiring tales that showcase the compassion that defines our campus community. Explore the slideshow of kindness that takes place every day at the University of Houston.



[View More](#)



Pro Tip



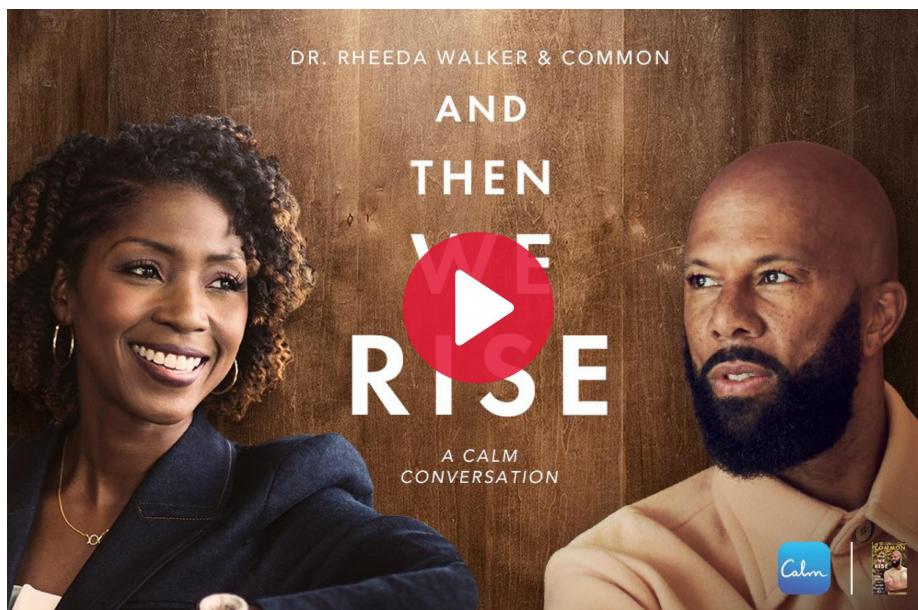


A Guide to Healthy Relationships and Connections

J.R. Rubinsky, assistant director of the sexual violence prevention and education program at UH Wellness, provides insights on how to recognize healthy and unhealthy relationships and how to get help if needed.

[Read More](#)

Story of Care



Calm Conversations: Dr. Rheeda Walker and Common

Professor Rheeda Walker and Grammy-winning artist and activist Common explore his path to self-love he detailed in his new book, "And Then We Rise." Through Common's personal experiences and reflections, they share practical strategies for holistic well-being.

[Watch Here](#)



Faculty/Staff Event



UH Day of Remembrance

Join us at the A.D. Bruce Religion Center Chapel from noon to 1 p.m., Tuesday, Mar. 19, for the UH Day of Remembrance. This annual event honors members of our Cougar community who passed away in the previous year.

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