



Borough of Manhattan Community College

WEEKS OF

Thanks

FALL 2025

TREES OF THANKS (In-person)

SHOW YOUR APPRECIATION:

Add a Leaf to the Trees of Thanks

November 6-26, 2025
199 Chambers Street, Main Campus
3rd Floor (Between Rooms S-343 and S-350)



Stop by the Trees of Thanks to write thank you notes to the students, faculty, staff, family, tutors, mentors, or anyone else — friends, family, or colleagues — to show your appreciation and spread some joy in this season of giving thanks.

STRESS MANAGEMENT & MINDFUL CALM

November 13, 2025
199 Chambers Street, Main Campus
3 P.M.-4 P.M., S-341



Take a mindful break this semester! Join Abigail and Leila for simple grounding exercises and stress-relief techniques to help you feel calmer and more balanced. You'll leave with simple tools to feel more balanced.

BMCC | TRINITY FOOD GIVEAWAY

November 13, 2025
199 Chambers Street, Main Campus
2 P.M.-4 P.M., Gymnasium



Celebrate Thanksgiving with BMCC and Trinity Church! Free food giveaway for BMCC students (CUNYfirst ID required). Register here to reserve your spot to participate: <https://forms.gle/w1V3zYLwY1dmGeQQ8>

SWEET TREATS AND NOTES

November 17-21, 2025
199 Chambers Street, Main Campus
9 A.M.-5 P.M., In front of Richard Harris Terrace



Thanking Students - candy will be given to students upon entering the main building.

Thanking Faculty and Staff - volunteers will deliver thank you cards to faculty, staff, and departments.

EXHALE TO INHALE: HEALING YOGA

November 18, 21, 25, 2025
199 Chambers Street, Main Campus
11 A.M.-12 P.M., N-471



Gentle, trauma-sensitive yoga for all levels. Reconnect with your body, release stress, and leave feeling grounded. Mats provided—just bring yourself!

POWER OF GRATITUDE

November 20, 2025
199 Chambers Street, Main Campus
2 P.M.-3:30 P.M.,
Outside of the Counseling Center, S-343



Gratitude boosts happiness! Join the Counseling Center for a creative session to reflect and feel more positive.

GRATITUDE CARDS

November 21, 2025
199 Chambers Street, Main Campus
11 A.M.-1 P.M., Library Foyer, S-410



Come create cards to thank those in your life who have helped get you through the semester, be it friend, family, or professor.