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MAY 2022

# The Saybrook Spirit

THE OFFICIAL ALUMNI NEWSLETTER  
OF SAYBROOK UNIVERSITY



Mental Health  
Awareness Month

## Mental Health Awareness Month

" Just Because No One Else Can Heal  
or Do Your Inner Work For You  
Doesn't Mean You Can,  
Should or Need to Do It Alone"  
—Lisa Olivera

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Saybrook Proud

Alumni Spotlight

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Upcoming Events

[alumni-saybrook@saybrook.edu](mailto:alumni-saybrook@saybrook.edu)

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UNIVERSITY

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Saybrook Spirit - May 2022

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#### WELCOME TO THE SAYBROOK UNIVERSITY ALUMNI RELATIONS PORTAL!

Saybrook has been "Doing the Work" Since 1971 to inspire transformational change in individuals, organizations, and communities, toward a just, humane, and sustainable world.

As graduates, you will always remain an important part of the Saybrook community. We invite you to stay informed about current happenings at Saybrook, remain connected, and share your stories of achievement with us so that we can celebrate them with you. It is our aim to provide you with rich opportunities for engagement, resources to support you as you make positive change in the world, and opportunities for you to connect with current and prospective students to encourage the next generation of change-makers. We are a stronger and more vibrant community together, and we can't wait to hear from you and see you at an event sometime soon.

#### STAY CONNECTED & GET INVOLVED



#### CONTACT US

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#### Alumni Co-Chairs:

- Tori Bowers, PhD
- Taylor Williams-Capozziello, PhD
- Jiselle Esparza, PhD
- Shelli Jackson, PhD
- Jeremiah Pearcey, PhD

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**Thank You for Reading!**

Look for the June 2022 edition  
coming soon!



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