



# Geek Therapist x MC3

## Weekend Schedule

### Geek Jeopardy panel

*Friday, May 15 @ 4-5PM in Pearl Room*

Put your fandom knowledge and brainpower to the test in this Geek Jeopardy panel! Categories blend pop culture, psychology, and mental health in a playful, low-stakes game show format. Come play, cheer, and learn something new—no expertise required, just a love of all things geek.

### Level Up Your Mental Health

*Saturday, May 16 @ 1:30pm in Jade room*

Healing isn't a solo quest. In this workshop, we'll turn mental health into a skill tree, helping you identify, strengthen, and balance the emotional skills that support real-life resilience—geek-style.

### Create Your Character: Identity & Mask Making

*Sunday, May 17 @ 1:30pm in Jade room*

Who are you when the mask comes off—or when you choose to wear one? This guided expressive arts workshop blends character creation, symbolism, and mask making to explore identity, emotion, and inner worlds in a creative, grounded, and accessible way.

