The Red Watch Band Program was designed to provide students of the college community with the knowledge, awareness, and skills to prevent toxic drinking deaths and to promote a student culture of kindness, responsibility, compassion and respect.

The training consists of active engagement with fellow participants and trainers that includes group discussions and role plays. There is also a health component where you will learn the core skills of CPR (basic hands-on only techniques - not for certification).

Show your Monarch Pride and earn your Red Watch Band today!!!

Monday, February 11, 2019  3:00 PM - 5:00 PM - Suffolk Room (Webb Center)

Refreshments will be provided!
Contact the Office of Counseling Services or e-mail Angela Holley at amholley@odu.edu to sign up.

Sponsored by the Office of Counseling Services, 757-683-4401
OCS supports ADA accessibility. Please contact us if you will require accommodations.