Dec. 10 is Puppy Therapy Day at Sac State

Projects are due. Papers must be written. Final exams are next week. It's all so stressful.

Need a hug?
Drop by Sacramento State's Library Quad between 10 a.m. and 2 p.m. Tuesday, Dec. 10, for Puppy Therapy Day.

Sac State's Student Health and Counseling Services, and the campus Active Minds chapter are teaming up with a local nonprofit, Lend a Heart Lend a Hand Animal-Assisted Therapy, to bring some furry stress relief to campus.

“It will give students a minute or two to forget about everything and, hopefully, put a smile on their face,” says Kim Robinson, Lend a Heart team leader. “Some students may be missing their dog or other pet they had to leave behind at home, and this gives them a chance to connect to an animal.”

The canines who'll be on campus with their handlers are: Chou Chou, a briard; Ringo, a Labrador retriever mix; Meka, a miniature pinscher-dachshund mix; Darcy, a golden retriever; Ramona, an Airedale; Luca, a Lagotto Romagnolo; and Wyatt, an English shepherd mix. The dogs range in age from 2 to 7.

“The students really embrace this type of event. We're trying to support them during this stressful time,” says Rikka Venturanza, a health educator assistant with Health and Wellness Promotion.

For media assistance, contact Sacramento State’s Office of Public Affairs at (916) 278-6156. – Dixie Reid