

Mental Health Week 2018 Schedule at a Glance

All Week: 10:00 am–3:00 pm

- *Information Booth, Ball Pit, and 'Relationships Matter' Build-a-Quilt*, Concourse, Student Centre
- *Information Booth and 'Ask A Counsellor!' Question Box*, Library Breezeway and AVC Foyer
- *Zen Zone*, Day Lounge, Student Centre

Monday, March 12

12:00–1:00 pm: *Faculty & Staff Event - Meet The Counselors*, Faculty Lounge, SDU Main

12:30–1:20 pm: *Art & Bullet Journalling*, Lecture Theatre A, AVC

6:00–7:00 pm: *How To Help A Friend*, Faculty Lounge, SDU Main

7:00–8:15 pm: *Movie Talks - My Depression: The Up and Down and Up of It*, Robertson Library

Tuesday, March 13

11:30 am–12:30 pm: *MHW's Keynote Address with Wil Gunning*, McMillan Hall, Student Centre

12:10–12:55 pm: *Karma Yoga*, Chaplaincy Centre

12:30–1:30 pm: *Q&A with Keynote Wil Gunning*, Faculty Lounge, SDU Main

1:00–2:00 pm: *Jack Talk Presentation*, Room 308, Memorial Hall

4:00–5:00 pm: *Art & Bullet Journalling*, The Pit, Robertson Library

6:00–7:00 pm: *Coffee With A Stranger—Mary-Kate Pond*, Campus Life Lounge, Student Centre

Wednesday, March 14

10:00 am–2:00 pm: *Pow Wow*, McMillan Hall, Student Centre

11:30 am–12:30 pm: *Smudge Introduction and Ceremony*, Chaplaincy Centre

1:00–2:00 pm: *Faculty & Staff Event - Beyond Accommodations with Frederic Fovet*, Robertson Library 208

4:00–5:00 pm: *Cyber Wellness with Tayte Willows, Canadian Mental Health Assoc.*, McDougall 242

6:00–7:00 pm: *Jack Talk Presentation*, Lecture Theatre A, AVC

9:00–10:30 pm: *Mental Health Week Trivia*, The Wave, Student Centre

Thursday, March 15

12:00–1:00 pm: *Faculty & Staff Event—Building Bridges: Collaboration at Work, Sheppell EFAP*, Memorial 308

1:30–2:30 pm: *Dear Inspiring Self: How to Write a Self-Reflective Narrative*, Faculty Lounge, SDU Main

2:00–3:00 pm: *Therapy Dogs*, Breezeway, Robertson Library

6:00–7:00 pm: *Glow Flow Yoga*, Fitness Studio #1, Sports Centre

8:00–9:00 pm: *Problematic—Personal Story & Performance*, The Wave, Student Centre

Friday, March 16

11:30am–1:30 pm: *Dodge Ball Fun*, Gymnasium B, Sports Centre

12:05–12:50 pm: *Glow Flow Yoga*, Fitness Studio #1, Sports Centre

1:00–2:00 pm: *Therapy Dogs*, Concourse, Student Centre

2:30–4:30 pm: *Let's Listen*, The Wave, Student Centre

For full details, please see the full schedule at <http://upei.ca/mentalhealthweek>