

upei mental health week

Schedule at a Glance

Pre-Event: Tuesday, February 28

10:00 am - 1:00 pm: *Connecting Aboriginal Cultures*, McMillan Hall, MSC

6:30 - 7:30 pm: *Coffee With a Stranger*, Campus Life Lounge, Student Affairs, second floor, MSC

8:00 - 10:00 pm: *Movie Night: "The Hanging Garden"* Campus Life Lounge, Student Affairs

Wednesday, March 1 - Friday, March 3

10:00 am - 3:00 pm, Information Booth and Zen Zone in the Murphy Student Centre (MSC) Concourse

Wednesday, March 1

10:00 - 11:00 am: *ZenZone Grand Opening*. ZenZone, MSC Day Lounge

11:30 am - 12:30 pm: *MHW Kick-Off with Anastasia Smallwood*, McMillan Hall, MSC

1:30 - 2:30 pm: Dr. Heather Keizer, *Dealing with Difficult People*, Schurman Market Square, McDougall Hall

2:00 - 3:00 pm: *The 'Write' Way To Calm*, ZenZone, MSC Day Lounge

7:30 - 8:30 pm: Dexter Nyuumibe, *The Art of Loving Yourself*, McMillan Hall, MSC

9:00 -10:30 pm: *Mental Health Trivia Night*, The Wave, MSC

Thursday, March 2

9:00 - 10:00 am: *The 'Write' Way To Calm*, ZenZone, MSC Day Lounge

11:30 am -1:30 pm: *Therapy Dogs - meet and greet*. MSC Concourse

12:00 -1:00 pm: *EFAP Seminar: "Understanding Depressive Illness"*, Faculty Lounge, SDU Main

12:00 - 1:00 pm: *SoundEscapes*, Fitness Studio1, Chi-Wan Young Sports Centre

1:30 - 2:30 pm: *Grounding, Meditation & Mindfulness*, Dr. Cassandra Goodwin, Faculty Lounge, SDU Main

5:30 - 6:15 pm: *Glow Yoga*, Andrew Hall, Room 142 (bring a mat)

7:00 - 8:30pm: *A Night of Songs & Stories*, Brian J. Dunn with Jon Matthews, Duffy Science Centre Amphitheatre

Friday, March 3

10:30 am - 11:30 pm: *The 'Write' Way To Calm: A Follow Up*, Zen Zone, MSC Day Lounge

12:05 pm -12:50 pm: *Glow Yoga*, Fitness Studio 1, Chi-Wan Young Sports Centre

2:30 pm - 4:30 pm: *Let's Listen*, The Wave, MSC

4:30 - 5:30 pm: *Happy Hour Hustle*, Fitness Studio 1, Chi-Wan Young Sports Centre

Post-Event: Saturday, March 4

Mental Health Conference For Students By Students. (more information to follow)

For details, updates and AVC extras, please consult our full schedule at upei.ca/mentalhealthweek



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