

upei mental health week

relationships matter

schedule at a glance

EVERYDAY

10:00 am–3:00 pm: **Information Booth** and **'Relationships Matter' Build-a-Quilt**, Concourse, W.A. Murphy Student Centre
Information Booth, Library Breezeway and Dalton Hall Foyer
Zen Zone, Day Lounge, W.A. Murphy Student Centre

MONDAY, JANUARY 28

12:00–1:30 pm: **MHW Kick-Off! "Open Up Wide. No, Wider. Cultivating Happiness Through Vulnerability"** Presented by **Jeremie Saunders** of the SickBoy Podcast, McMillan Hall, W.A. Murphy Student Centre
2:00–3:00 pm: **Dear Inspiring Self: How to Write a Self-Reflective Narrative**, Dalton Hall 401
4:30–5:15 pm: **Yoga Stretch/Guided Meditation** with **Pam Harris**, Andrew Hall 142
6:00–7:00 pm: **How to Help a Friend**, Campus Life Lounge, Dalton Hall, Fifth Floor

TUESDAY, JANUARY 29

12:00–1:00 pm: **Happiness: A Journey or A Destination?** Presented by **Morneau Shepell**, Robertson Library 208
12:10–12:55 pm: **Karma Yoga**, Chaplaincy Centre
2:30–3:30 pm: **Social Media's Influence on Our Mental Health**, Presented by **CMHA-PEI**, Fox & Crow, W.A. Murphy Student Centre

WEDNESDAY, JANUARY 30

All Day: **Bell Let's Talk Day, Photo Booths** at Robertson Library Breezeway and W. A. Murphy Student Centre Concourse
11:30 am–1:00 pm: **Soup for the Soul**, Chaplaincy Centre
12:30–1:30 pm: **Missing Home? Dealing with Homesickness & Culture Shock**, Student Experience Hub, Dalton Hall
1:30–2:30 pm: **Art & Bullet Journaling**, Robertson Library 312
6:00–7:00 pm: **Mental Health 101** with **Jack.org**, Fox & Crow, W.A. Murphy Student Centre
7:00–9:00 pm: **UPEI Panthers vs. Mount Allison Mounties (Women's Hockey)** in support of Bell Let's Talk! MacLauchlan Arena
9:00–10:30 pm: **Mental Health & Pop Culture Trivia Night**, Fox & Crow, W.A. Murphy Student Centre

THURSDAY, JANUARY 31

11:00–11:45 am: **Smudge Introduction and Ceremony**, Chaplaincy Centre
12:00–1:00 pm: **Mental Health 101** with **Jack.org—Repeat Session**, SDU Main Building 310
1:00–2:00 pm: Faculty and Staff Event: **Building Bridges: Talking to Students about Mental Health Issues, a Conversation with Doctor of Psychology Faculty/Staff**, AVC 286C N
3:00–4:00 pm: **Art & Bullet Journaling—Repeat Session**, Robertson Library 312
6:30–8:00 pm: **Out of the Blue Gala**—Tickets sold in advance, Wanda Wyatt Dining Hall. Doors open at 6:30 pm

FRIDAY, FEBRUARY 1

12:30–1:30 pm: **Rooting for You—Pot Painting & Seed Planting**, McMillan Hall, W.A. Murphy Student Centre
3:30–5:00 pm: **Let's Listen**, Fox & Crow, W.A. Murphy Student Centre



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