

## Bell Let's Talk 2021

Date	Time	Title	Description
Monday, January 25	11:00 am– 12:30 pm	Self-Advocacy Workshop	<p>For all UPEI students and alumni.</p> <p>Self-advocacy can be described as the ability to advocate for the things you need. This module aims to provide students with an opportunity to build confidence in communicating their needs and understanding their rights as a student and employee through interactive activities and exploration of the local services.</p> <p>This workshop is part of UPEI's Work Integrated Learning Digital Badge program. Students who participate in this workshop will be eligible to receive digital badges to recognize their participation. For more information on this program and other workshop offerings, please visit the Work Integrated Learning web page.</p> <p><a href="#">Registration</a> is required. A Google Meet link will be sent to all registrants the morning of the workshop.</p> <p>Questions? Email <a href="mailto:experientialed@upei.ca">experientialed@upei.ca</a> or call 902-566-0336</p>
Tuesday, January 26	2:30 pm– 3:30 pm	<p>"From the Ashes: My Story of Being Métis, Homeless, and Finding My Way" with Jesse Thistle</p> <p>Hosted by <a href="#">Carleton University!</a></p>	<p>For all UPEI students, staff, faculty and community members.</p> <p>Jesse Thistle is a Métis-Cree PhD candidate in the history program and Assistant Professor at York University, Toronto. Currently, he is working on theories of the intergenerational and historical trauma of the Métis people. Jesse's work involves reflections on his own previous struggles with addiction and homelessness and has been recognized as having a wide impact on both the scholarly community and the greater public.</p> <p>This talk explores Jesse's riveting personal journey which has captivated endless audiences in his book, From the Ashes. He reflects on his story, one that recounts trauma, addiction, and homelessness. Through his remarks, audiences will learn a deeper story of hope and resilience, one that will impact them deeply.</p> <p><a href="#">Registration</a> is required.</p> <p>Questions? Email <a href="mailto:Samantha.munro@carleton.ca">Samantha.munro@carleton.ca</a></p>
Tuesday, January 26	6:00 pm– 9:00 pm	Breaking the Ice with #Bell Let's Talk in the Campus Life Lounge	<p>For all UPEI students.</p> <p>Join us in the Campus Life Lounge on Tuesday, January 26, to break the ice and open up conversations about mental health. We will play some games, get to know one another, and discuss strategies we've used to help ease everyday pressure. Pick up a free Bell Let's Talk toque and join the conversation by completing a Bell Let's Talk thought bubble!</p> <p>Grab your Bell Let's Talk toque and help spread the word and open up a conversation about mental health.</p>

Wednesday, January 27	6:00 am–9:00 pm (Fitness Centre Hours)	Fitness Centre Day Pass (FREE!)	<p>For all UPEI students, staff and faculty.</p> <p>In support of Bell Let’s Talk, UPEI Athletics and Recreation are offering a free fitness center day pass on both Wednesday, January 27, and Thursday, January 28! Stop by the Chi-Wan Young Sports Centre between 6 am and 9 pm to add a Bell Let’s Talk thought bubble to the wall, and meet some of UPEI’s varsity athletes who will provide you with your day pass! #BellLetsTalk</p> <p>Questions? Email <a href="mailto:fitnesscentre@upei.ca">fitnesscentre@upei.ca</a> or call 902-566-0368.</p>
Wednesday, January 27	2:00 pm	Employee and Family Assistance Program (EFAP) Orientation	<p>For all UPEI staff and faculty.</p> <p>As a UPEI employee, Life Works by Morneau Shepell is your employee and family assistance program (EFAP) and a series of personalized well-being resources that can support you and your dependents with issues related to work, life, and everything in between. Helping you to achieve total mental, physical, social and financial well-being, EFAP offers a short-term, solution-focused approach to professional counselling to assist you in resolving your concerns and issues in a progressive and proactive manner. Other valuable support services include legal issues, money matters, family considerations, and nutrition support.</p> <p>This orientation webinar is designed to inform you of the services available for you, direct you on how to access support, and to answer any questions you may have.</p> <p><a href="#">Registration</a> is required.</p>
Wednesday, January 27	6:00 pm–9:00 pm	Breaking the Ice with #Bell Let’s Talk in the Campus Life Lounge	<p>For all UPEI students.</p> <p>Join us in the Campus Life Lounge on Wednesday, January 27, to break the ice and open up conversations about mental health. We will play some games, get to know one another, and discuss strategies we’ve used to help ease everyday pressure. Pick up a free Bell Let’s Talk toque and join the conversation by completing a Bell Let’s Talk thought bubble!</p> <p>Grab your Bell Let’s Talk toque and help spread the word and open up a conversation about mental health.</p>
Thursday, January 28	All-Day	Bell Let’s Talk Day	<p>For all UPEI students, staff, faculty and community members.</p> <p>On Bell Let’s Talk Day, Bell will donate more towards mental health initiatives in Canada by contributing 5¢ for every applicable text, call, tweet, or TikTok video using #BellLetsTalk, social media video view and use of our Facebook frame or Snapchat filter.</p> <p>Snap a selfie in a virtual Bell Let’s Talk toque, and share a personalized mental health message using <a href="#">UPEI’s Bell Let’s Talk Virtual Photo Booth</a>. Use the hashtag #BellLetsTalk to join the conversation, and support Bell’s commitment for Canadian mental health!</p>
Thursday, January 28	6:00 am–9:00 pm (Fitness Centre Hours)	Fitness Centre Day Pass (FREE!)	<p>For all UPEI students, staff and faculty.</p> <p>In support of Bell Let’s Talk, UPEI Athletics and Recreation are offering a free fitness centre day pass on both Wednesday, January 27, and Thursday January 28! Stop by the Chi-Wan Young Sports Centre between 6 am and 9 pm to add a Bell Let’s Talk thought bubble to the wall, and meet some of UPEI’s varsity athletes who will provide you with your day pass! #BellLetsTalk Questions? Email <a href="mailto:fitnesscentre@upei.ca">fitnesscentre@upei.ca</a> or call 902-566-0368.</p>

Thursday, January 28	9:00 am– 10:30 am	Conflict Resolution Workshop	<p>For all UPEI students and alumni.</p> <p>Conflict is bound to happen any time we are working with others, but it doesn’t always have to be a bad thing! Understanding different types of conflict and conflict management styles can take some of the negative emotions out of a conflict situation and can give you strategies for dealing more effectively with conflict. This workshop will teach participants about different conflict styles and strategies to help engage with conflict constructively.</p> <p>This workshop is part of UPEI’s Work Integrated Learning Digital Badge program. Students who participate in this workshop will be eligible to receive digital badges to recognize their participation. For more information on this program and other workshop offerings, please visit the Work Integrated Learning web page.</p> <p>Registration is required. A Google Meet link will be sent to all registrants the morning of the workshop.</p> <p>Questions? Email <a href="mailto:experientialed@upei.ca">experientialed@upei.ca</a> or call 902-566-0336</p>
Thursday, January 28	6:00 pm– 8:00 pm	Evolving Perspectives on Mental Health	<p>For all UPEI students.</p> <p>University is time to explore our mental health needs in new ways, and UPEI offers resources to help! Join the conversation and explore how our perceptions and experiences may change during our university years. Use this opportunity to post a video, photo, or comment on <a href="#">Breaking the Ice with Bell Let’s Talk!</a></p> <p>Log onto the Campus Life Lounge Discord server on Thursday January 28, and explore the valuable services that UPEI has to offer to support YOU!</p>