




























FALL 2019 WORKSHOPS




BETTER YOU..... HEALTHIER YOU..... ABLE YOU.
























	The “ Better You ” workshop series are tailored to encourage students to become the best versions of themselves, providing strategies and hands-on activities to overcome issues such as depression, anxiety, healthy relationships as well as develop resilience and promote self-improvement.
	The “ Healthier You ” workshop series are tailored to encourage students to adopt healthier lifestyles focusing on the areas of sleep, hygiene, exercise and nutrition. Students will learn the connections between the physical aspects and its impact on their overall wellbeing.
	The “ Able You ” workshop series are tailored to encourage students to understand the nature of disabilities and its different forms. Students will also discuss inclusive environments as well as accessibility and positive interaction

Sep 9		Brushing off Summer: Getting Ready for Uni	SSE CP16
Sep 11		Tactics for Tick-Tocking Time	Jameel CP02
Sep 16		Love Me, Love Me Not! Test Your Relationship	SSE CP16
Sep 18		Concentration Crunchers!	Jameel CP02
Sep 23		Speak Out: How Can Therapy Help You?	SSE CP16
Sep 25		Fit and Free	Jameel CP02
Sep 30		Disability Etiquette 101	CVC P021
Oct 2		Nuts about Nutrition!	Jameel CP02
Oct 7		Make Every Moment Mindful!	SSE CP16
Oct 9		Mind Your Posture	Jameel CP02
Oct 14		Hidden Disabilities Part 1: Learning Disabilities	CVC P021
Oct 16		Priority Primers - Get Motivated!	Jameel CP02
Oct 21		Make Peace With Food	SSE CP16
Oct 23		Safe Me, Safe You: Public Health Guidelines	Jameel CP02
Oct 28		The Road to Beat Anxiety	SSE CP16
Oct 30		Learning Styles	Jameel CP02
Nov 4		Hidden Disabilities Part 2: Psychological Disabilities	CVC P021
Nov 6		The Path to Personal Responsibility	Jameel CP02
Nov 11		Perfectionism: A Blessing or a Curse?	SSE CP16
Nov 13		SASS! - Student Attitudes and Success!	Jameel CP02
Nov 18		Sleeping Soundly	SSE CP16
Nov 20		Learning to Listen - Relationship Gems!	Jameel CP02
Nov 25		Practicing Inclusion and Accessibility	SSE CP16
Dec 2		Melt Away Stress!	SSE CP16

SPRING 2020 WORKSHOPS

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Feb 10		Are You in a Healthy Relationship?	SSE CP16
Feb 12		Tactics for Tick-Tocking Time	Jameel CP02
Feb 17		Happtitude: Attitude Toward Happiness	SSE CP16
Feb 19		Concentration Crunchers!	Jameel CP02
Feb 24		Disability Etiquette 101	SSE CP16
Feb 26		Nuts about Nutrition!	Jameel CP02
Mar 2		Make Every Moment Mindful!	SSE CP16
Mar 4		Safe Me, Safe You: Public Health Guidelines	Jameel CP02
Mar 9		Make Peace with Food	SSE CP16
Mar 11		Fit and Free	Jameel CP02
Mar 16		Hidden Disabilities Part I: Learning Disabilities	CVC P021
Mar 18		Priority Primers - Get Motivated!	Jameel CP02
Mar 23		The Road to Beating Anxiety	SSE CP16
Mar 25		Clearing the Clouds: Beating Depression	Jameel CP02
Mar 30		Perfectionism: Blessing or Curse?	SSE CP16
Apr 1		Learning Styles	Jameel CP02
Apr 6		Hidden Disabilities Part 2: Psychological Disabilities	SSE CP16
Apr 8		Sleeping Soundly	Jameel CP02
Apr 22		SASS: Student Attitudes and Success - Personal Responsibility	Jameel CP02
Apr 27		Practicing Inclusion and Accessibility	CVC P021
Apr 29		Learning to Listen: Relationship Gems	Jameel CP02
May 4		Cannabis: Open Discussion	SSE CP16
May 6		Melt Away Stress	Jameel CP02