



READ IN EVENTS! AT CONCORDIA LIBRARY!

MONDAY OCT 7: (10 AM) **READ IN LAUNCH!** READ IN WEEK IS PROCLAIMED BY **MAYOR STEPHEN MANDEL**, STUDENT PERFORMANCES, READINGS AND MORE!

WEDNESDAY OCT 9: (3:30 PM) **JASON CARTER** AND **BRIDGET RYAN** (FROM BREAKFAST TELEVISION) READ FROM THEIR BOOK "URBAN ANIMALS!"

THURSDAY OCT 10: (12-5 PM) **STUDENT READ IN!** GRAB A COMFY CHAIR, A COZY BLANKET, SNACKS, A HOT BEVERAGE AND DIVE INTO YOUR FAVOURITE BOOK!

*** SNACKS AND REFRESHMENTS WILL BE PROVIDED AT ALL EVENTS!**

October 7 - 11, 2013
Edmonton

24 YEARS OF

READ



Campus Closed

October 14th-Thanksgiving Day

EXAM ANXIETY WORKSHOP

Are you feeling anxious about an upcoming exam? Drop in the Exam anxiety workshop:

Wednesday ,October 9th

12:00 pm to 1:00 pm

Room HA 021.

Get information and learn strategies that will help you manage anxiety in exam situations.

WE HAVE A SPOT FOR YOU

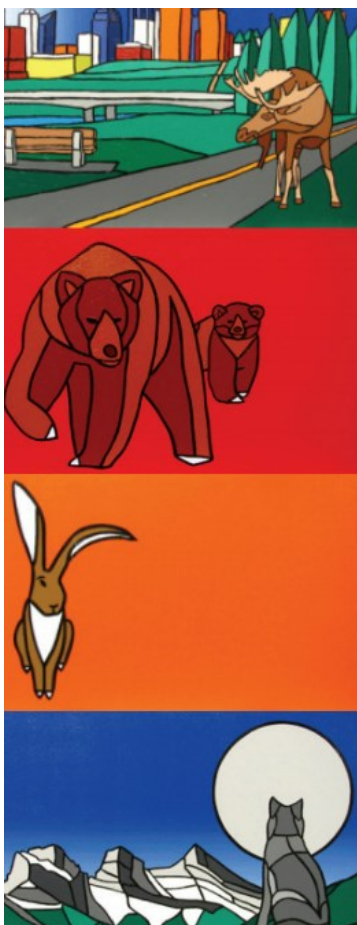
OPEN HOUSE
OCT 19²⁰ 13
10am-2pm

To register for open house visit:
concordia.ab.ca
712B Ada Blvd Edmonton, AB
T: 780 479 9220

INSIDE THIS EDITION:

- AGA'S Travelling Exhibition
- Library Closure
- Smoking/Chew Tobacco Restrictions
- Oct. 10-National Depression Screening Day
- Model UN Fundraiser
- The New Normal Support Group
- First Aid Information
- Volunteer Fair Coming Soon!
- Got Socks Campaign held over
- ADHD Free Support Group
- Fees Past Due





Check out the **AGA's** Travelling Exhibition!

"**Urban Animals**," created by Jason Carter and curated by Bridget Ryan (from Breakfast Television), is now on display in the library.

On **Wednesday Oct 9**, both Jason and Bridget will give a talk about their work.

- * Event to start at 3:30 pm
- * Snacks and refreshments will be provided!

To learn more about "Urban Animals" follow this link: http://www.youraga.ca/wp-content/uploads/2012/12/AGA_TREX_Winter2012-2013_UrbanAnimals.pdf

*Just a
reminder!*

*We're closed
Thanksgiving
weekend.*

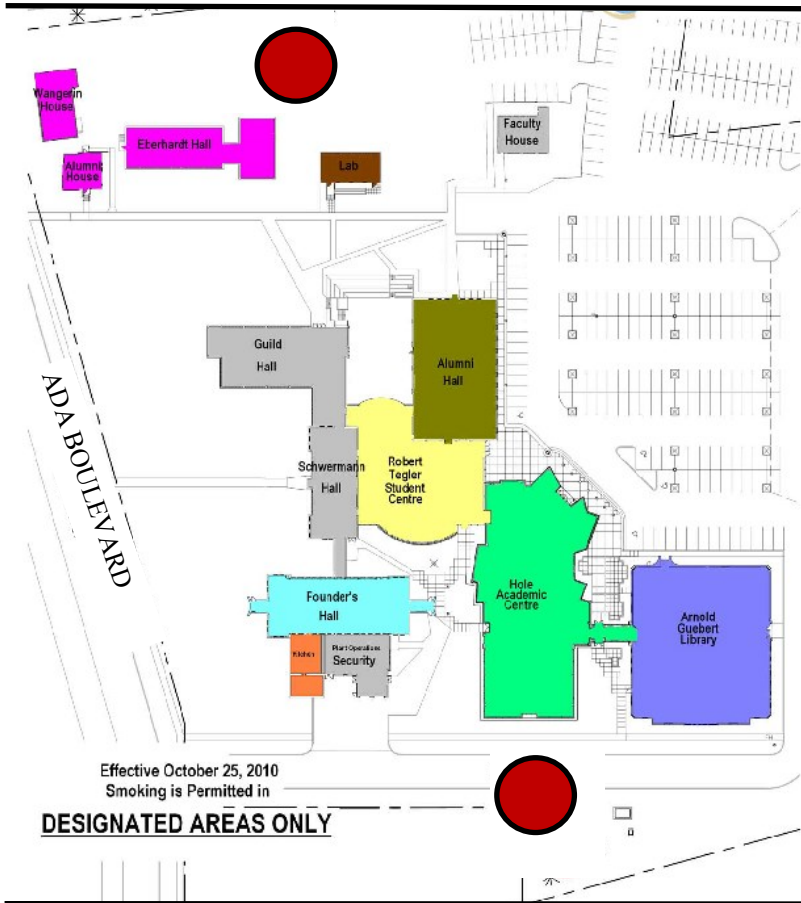
*Library Closed
Saturday Oct 12
Sunday Oct 13
Monday Oct 14*

SMOKING AREAS

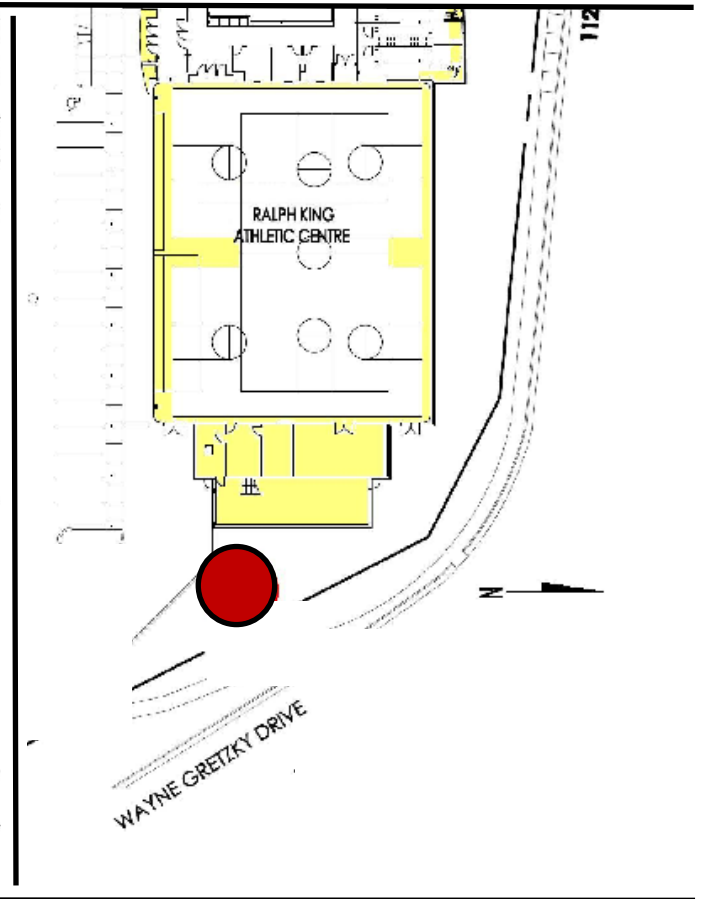
DESIGNATED SMOKING AREAS ON CAMPUS

There are three designated smoking area on campus. **CHEWING TOBACCO** is included in the Tobacco Reduction Act in Alberta, as such people must move to Concordia's designated smoking areas if they wish to do so on campus.

MAIN CAMPUS



ATHLETICS CENTRE



EAST SIDE OF CAMPUS

Smoke only in the Designated Smoking Areas.
Chewing Tobacco is included in the restriction.

National Depression Screening Day - October 10th

A short, anonymous and free depression screening test is available to everyone on October 10, 2013. The objective is to raise awareness of depression and offer individuals the opportunity to be screened for depression (with complete anonymity) from any computer or mobile device.

The screening does not attempt to offer a diagnosis, but points out to participants the presence or absence of depressive symptoms and offers a referral for further evaluation if needed.

To access the screening (which can only be done on October 10th) go to www.calgarycounselling.com

It should be noted that the Calgary Counselling Centre is taking a leading role in providing this screening for people living anywhere in the province. If individuals, after seeing results of their screening, feel it is best to see a mental health provider, there are many available in the Lethbridge area.

For more information contact Greg Marsh, Coordinator of Student Services: Northern Campuses with University of Lethbridge at greg.marsh@uleth.ca

SAVE THE DATE! MODEL UN CLUB FUNDRAISER DINNER

As many of you may know our ambitious **Model UN** group will be very active this year attending a conference in South Korea at the end of November and events in Calgary (March) and New York City in April. To fund all these activities they are working hard at fund-raising. they have planned a lovely dinner at the Park Allen restaurant 7018- 109 street on **Sunday, October 20**. Tickets are limited so you need to order yours on line soon. They are **60\$ plus GST**. Cash bar on sight. Here is what you can expect.

5 :00 to 6:00 pm - When you arrive you will be greeted with a glass of champagne and great live music.

6:00 pm - Platinum Mezza will be served. Lebanese salad, Mediterranean Salad, Baba Ganouj, Falafel, Hummus, Sijouck, Lebanese sausage, Grilled Chicken & Beef, Catch of the Day, Grape Leaf Rolls, Tiger Prawns & Rice.

7:30 pm-Dessert and Coffee

8:00 pm— Silent Auction will Close.

For Tickets go to <https://csa-cimun.eventbrite.ca/> To find out more about the conference in South Korea go to: http://www.nmun.org/nmun_korea13.html

the new normal

Free Group Starting October 21, 2013 @ 12-1:00 pm.

Location: HA021

Life's difficulties don't have to keep you from living the full, meaningful life you want. Instead of constantly worrying about what went wrong and obsessing about how things should be, you will learn how to take a mindful approach to non-judgmentally rework the negative thoughts and feelings that are holding you back.

This group teaches you the skills necessary to make healthy, fundamental changes in your moods, behaviors, and relationships.



the new
normal

FIRST AID

The Commissionaire's provide the security service for Concordia. They are all trained in **First Aid**. Should you or someone in your vicinity need assistance please contact security on [780 479-8761](tel:7804798761) or 5555 from an internal phone.

Concordia has two **AED's**, commonly called Defibrillators. One is located on the west wall of the RobertTegler Student Centre, on the left side of the doors that lead into Alumni Hall. The other is located outside the interior doors into the Ralph King Athletic Centre on the main floor of Continuing Education Centre. AEDs are easy to operate, a link to a useful demonstration is below, this will help familiarise yourself with how to operate our AED's if you haven't been trained.

http://www.heartstarthome.com/animated_demo/demo.asp

Looking to Volunteer?

Concordia's 2013 Volunteer Fair is coming!

Wednesday, October 23, 10am - 2pm

Build your resume, make contacts and develop new skills.

CARRIED OVER!

Got Socks?

4th Annual Provincial September Sock Drive
happening until the end of September!



Help the Environmental Health
Program collect

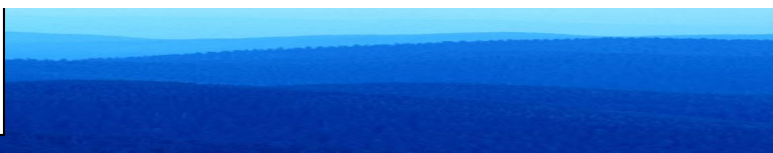
- new or gently used socks or
- money (\$1= 2 pairs of socks)

Look for the box at the Welcome
Center!!



ADHD Group

Starting October 23



ADHD Group

October 23 – December 11

Wednesdays 12:00-1:00 pm

Location: HA 314

Adult ADHD can be impairing and does not have to be dealt with in isolation. This group attacks ADHD symptoms such as hyperactivity, impulsivity, and difficulty focusing. You will receive precisely targeted intervention based on both the psychological and physical aspects of ADHD.

Session 1: Introduction & Program Overview

Session 2: Involvement of Family Members

Session 3: Organization of Multiple Tasks

Session 4: Problem Solving and Managing Overwhelming Tasks

Session 5: Organizing Papers

Session 6: Gauging Your Attention Span and Distractibility Delay

Session 7: Modifying Your Environment

Session 8: Introduction to a Cognitive Model of ADHD

Session 9: Adaptive Thinking Skills and Rehearsal

Session 10: Application to Procrastination and Relapse Prevention

What you need to know:

Facilitators: Raimona Ullah, MA., Provisional. Psych. and Lindsay Zoeteman, B.A, MA (can)

This program is based on a Cognitive Behavioral Therapy approach, which emphasizes that negative thinking influences our ADHD behavior and further reinforces our negative thinking. It is designed to assist individuals in achieving the changes necessary to reach their goals of managing their ADHD symptomatology.

For more information on the group or to register please email Raimona Ullah at raimona.ullah@concordia.ab.ca

FALL TUITION IS PAST DUE.

Students Who Have A Past Due Balance Are Encumbered.

Please check your account information online through Concordia's website.

Fees can be paid at the Student Accounts Office during normal office hours.

Fees can also be paid through your bank by setting up Concordia University College of Alberta as a biller and using your ID number as your account number.

Fees can also be paid by credit card through online student services on Concordia's website <http://onlineservices.concordia.ab.ca/student/>.

If you have questions or need answers please inquire at the student accounts office.

