

CAFETERIA INFORMATION

February 19-22

No entrée menu for Reading Week

Hours of operation are from 10-6 pm



INSIDE THIS EDITION:

- Pink Shirt Day
- Library Reading Week Hours
- Peer Support Hours
- Volunteer at a Local Senior Lodge
- My Account-Library
- UnderGrads– Pizza with the President
- Anxiety & Depression Workshops
- Your Rights as a Tenant
- Flip the Script
- Grad Students-Pizza with the President

WHEN PARKING NEAR CAMPUS, PLEASE:

- Adhere to Local Parking Restrictions
- Respect our Concordia Neighbours
- Park Responsibly
- Do Not Litter



CONVOCATION INFORMATION

You've applied to graduate, but have you RSVP'd you and your family will be attending the Convocation Ceremony? To RSVP and get more information about Concordia's Convocation Ceremony got to: [Concordia Convocation - May 25th, 2019.](#)

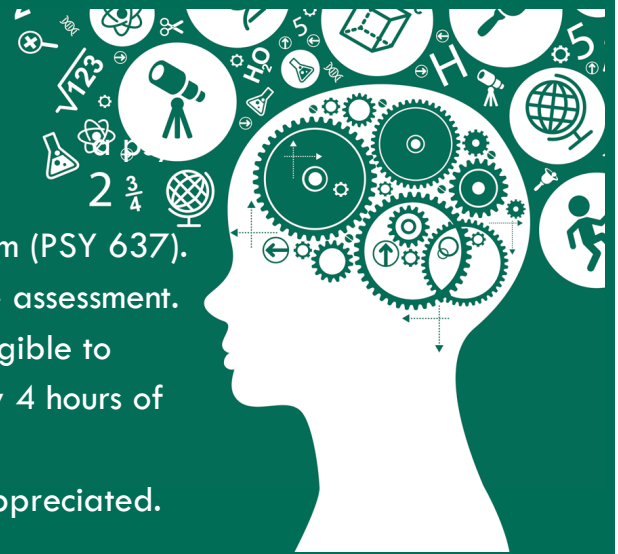
FREE PSYCH ASSESSMENT

We are currently seeking volunteers to be involved in psychological assessment this winter and in the spring.

This assessment is part of a graduate student practicum (PSY 637).

As this is a practicum course, there is no charge for the assessment.

Concordia staff, students and family members are eligible to participate. The assessment will involve approximately 4 hours of your time. If interested, contact Dr. Jamie Dyce at jamie.dyce@concordia.ab.ca. Your participation is appreciated.





PINK SHIRT DAY

FEBRUARY 27, 2019

HELP END BULLYING #PINKSHIRTDAY



NEED A PINK SHIRT?

COME BY THE PSD BOOTH IN TEGLER

12-1PM • DONATE WHAT YOU CAN*

*SUGGESTED DONATION OF \$10, ALL DONATIONS GO TO THE
SHAUGHN O'BRIEN MENTAL HEALTH FUND



CUE LIBRARY'S READING WEEK HOURS

*Tuesday Feb, 19
to Friday Feb, 22*

7:30 AM
- 4:30 PM

MORE INFO AT:

<https://concordia.ab.ca/library>



FEELING
DISTRESSED?
OVERWHELMED?
LOST?

PEER
SUPPORT
PROGRAM

COME TALK ABOUT IT.

ROOM A212 (ACROSS FROM THE CSA OFFICE)
TINYURL.COM/CUEPEERSUPPORT

**PEER SUPPORT WILL BE CLOSED
FEB. 18-22 (READING WEEK)**

**NORMAL HOURS WILL RESUME
MONDAY, FEB 25**

STUDENT VOLUNTEERS WANTED

Virginia Park Seniors lodge, located just three blocks from Concordia is seeking energetic student volunteers who would like to engage our seniors in a variety of activities.

The programs vary from afternoon socials (such as birthday parties or music events) to evening get-togethers (such as Pub Night, Bingo or Games nights).

The Greater Edmonton Foundation (GEF) is a non-profit organization that serves seniors.

Their volunteer program offers a range of experiences including organizing, coordinating and initiating a variety of activities with as few as two or three hours per week. Spending time with seniors offers students a variety of personal growth opportunities including a sense of purpose, learning something new, helping others and connecting with a vital part of the community.

For more information or to volunteer contact:

Sauda Kankindi,

Recreation Coordinator

Email: SKankindi@gef.org

Phone: 780-479-2403

Address: 11033 - 76 Street NW | Edmonton, AB T5B 4T2



Volunteering is a work of HEART!

My Account

<https://concordia.ab.ca/library/borrow/my-account/>

Renew your borrowed items

View library fines

Check your holds

Check your library due dates

<https://concordia.ab.ca/library/borrow/my-account/>

Need help logging into your My Account? Stop by the Library Service Desk or chat with library staff online at: <https://concordia.ab.ca/library/>



UNDERGRADUATE STUDENT EVENT:

Pizza with the Presidents

MARCH 6 • 12 PM • AW207 (DESIGN THINKING SPACE)

All undergraduate students are invited to join **President Loreman & CSA President Brandon Vollwelter** for a chance to have a brief update, along with an informal conversation.

* Please note that there will be a limited amount of pizza and will be based on first come, first served.

ANXIETY & DEPRESSION WORKSHOPS

Concordia students are invited to join Concordia Counseling Services intern, Melissa Fortuin and Mercy Counseling intern, Dana McQuade for the following workshops on Anxiety & Depression.

Learn what anxiety and depression are and develop strategies for coping with these disorders.

ANXIETY WORKSHOP

The anxiety workshops will take place on Tuesdays from 4:00 to 5:30 in room HA310. They will run from February 26 through April 9.

DEPRESSION WORKSHOP

The depression workshops will take place on Thursdays from 2:30 to 4:00 in room HA019. They will start on February 28 and run through April 11.

If you would more information on the workshops, kindly email Melissa at melissa.fortuin@concordia.ab.ca



Your Rights as a Tenant

***Free workshop presented by the
Edmonton Community Legal Centre***

Concordia University

7128 Ada Blvd NW (HA 009)

Thursday, March 7 at 5:30-7:30 PM

We will cover:

- . Rules and Obligations**
- . Ending the Tenancy**
- . Human Rights**
- . Common Issues and Remedies**
- . *Where to get legal help and more!***



**Edmonton Community
Legal Centre**

www.eclc.ca | (780) 702-1725



@ECLCLaw



SEXUAL ASSAULT RESISTANCE TRAINING FOR UNIVERSITY WOMEN

**SESSION TWO:
MARCH 5, 12, 19, 26 • 3-6PM**

12 hour sexual assault resistance training divided into four 3-hour units, open to all self-identified women currently enrolled at Concordia University of Edmonton.

REGISTER AT [TINYURL.COM/CONCORDIATALKS](https://tinyurl.com/concordiatalks)

Space for each run is limited to 20 students.



GRADUATE STUDENT EVENT:
Pizza with the
Presidents

MARCH 27 2019 • 12 PM • AW118

All graduate students are invited to join **President Loreman & GSA President Uttkarsh Goel** for a chance to have a brief update, along with an informal conversation.

* Please note that there will be a limited amount of pizza and will be based on first come, first served.