

FREE YOGA IN THE GYM

Wednesday, Oct 24th
12:00-1:00 pm

STUDY SKILLS WORKSHOPS

Thursday, October 25th 11:30-12:15 pm T103
Friday, October 26th 12:00-12:45 pm HA238

The workshops are drop in and open to all students

INSIDE THIS EDITION:

- Scary Movie Night-Oct 25
- Bake Sale– Oct 31
- Concordia Psych Club Presentation
- Jet Programme
- Cookie Dough Fundraiser
- Cannabis– Know the Rules
- Money Mentors
- Pow Wow Fitness-Tuesdays
- Pumpkin Carving Contest
- Discover a Career with Parks Canada
- Counselling Services

CAFETERIA MENU: OCT 22-OCT 26

Monday – Beef stroganoff with egg noodles and fresh broccoli

Tuesday– Pork souvlaki with honey roasted parsnips & carrots and roasted potatoes (GF)

Wednesday– Baked Tandoori chicken with vegetable fried rice (Halal, GF)

Thursday- Traditional beef chili with garlic toast (7.99)

Friday- Herb roasted chicken with corn, mashed potatoes, and gravy (GF)



SECURITY REMINDER–VEHICLE THEFT

There was a vehicle stolen from the Concordia parking lot recently. Keys were taken from a backpack in the Library when it was left alone for a few minutes. Don't leave your valuables alone, even for a minute and don't keep your valuables in a visible location, or secure them.



If someone looks out of place on campus please contact campus security 780-479-8761 or 5555 from an internal phone. If you are not sure you can ask them if they need help, this politely let's them know they have been identified. The link below has some useful security tips.

As a general reminder don't leave your valuables alone, even for a minute and don't keep your valuables in a visible location. While we have a security guard on duty 24 hours per day seven days per week it takes the collective community to keep our campus safe, we need your help to keep you and your colleagues safe and secure.

Thanks for the help you continue to provide, we have a great community which steps up to help each other out regularly. For more tips on security: <http://concordia.ab.ca/campus-services/security/security-tips/>

g.t.c. presents...

SCARY MOVIE NIGHT

featuring

IT

(2017)

FREE ADMISSION!
SNACKS AVAILABLE
FOR
PURCHASE

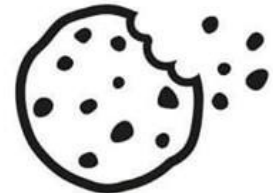
OCTOBER 25th

@ 7pm

TEGLER



Halloween Bake Sale



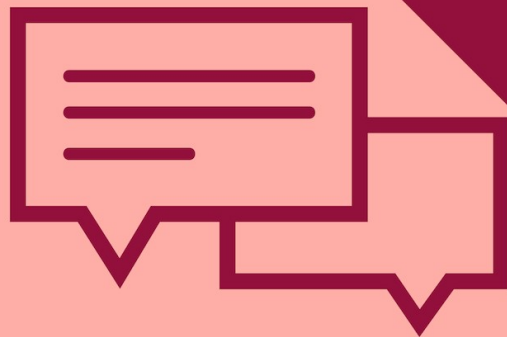
OCTOBER

31

TEGLER

11:00AM-1:00PM

COME DROP IN FOR A HALLOWEEN TREAT IN SUPPORT OF THE GREEN THESPIANS COLLECTIVE!



Concordia Psychology Club presents:

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INFANT AND TODDLER MENTAL HEALTH AND DEVELOPMENT INFORMATION SESSION

.....

by Angela Wilm

CONCORDIA UNIVERSITY OF EDMONTON
MONDAY OCTOBER 29
12:00 - 12:50PM
HA019



@concordiapsychologyclub



psychologyclub@student.concordia.ab.ca



CAREER SERVICES EVENT

CURIOUS ABOUT WORKING IN JAPAN?

JET PROGRAMME

(Japan Exchange & Teaching Programme)

OCTOBER 29TH | 12-1 PM | HA206



Cookie Dough Fundraiser

The Fundraiser runs from October 31st to November 23rd.

The money raised goes towards events put on by the ESS

Each tub of cookie dough costs \$17. There are a variety of delicious flavours

If you are interested in buying a tub of cookie dough please email ess@student.concordia.ab.ca



YES, CANNABIS IS LEGAL BUT KNOW THE RULES.

- You must be 18 or over
- Only from licensed stores
(or albertacannabis.org)
- 30 grams is the most you can
buy or carry
- No smoking in some public places
(check your local laws)
- Only four plants can be grown at home
- Driving high is illegal



STUDENT LIFE AND LEARNING

Need a Money Coach?

MONEY MENTORS CAN HELP

NOVEMBER 1ST | 11-1 PM | TEGLER





POW WOW FITNESS

FREE, DROP-IN PROGRAM LED BY DUSTIN STAMP

Tuesdays from 6pm-7:30pm
Room CS207 (new building/CSRI)
Concordia University of Edmonton
(7128 Ada Blvd NW, Edmonton)

Free parking available in the surrounding residential areas
Please bring a friend, clean running shoes, water and a yoga mat/towel.



**BIG
PRIZE
EVENT**



**PUMPKIN
CARVING**

**OCT
31**

**Tegler
11am To 1pm**

**COSTUME
CONTEST**

**OCT
31**

**Tegler
NOON To 1pm**



CAREER SERVICES EVENT

Discover Career Paths With
PARKS CANADA

NOVEMBER 9TH | 10-2 PM | TEGLER



COUNSELLING SERVICES

Where Healing Begins...

Did you know that Concordia provides psychological counselling to students? Yes, we are here for you!

Make an appointment with Melissa Fortuin or Justine Richard:

Our skilled Counselling Practicum Students are available by appointment on weekdays. They are located in Library room L266.

You can book an appointment by:

Online: Visit tinyurl.com/BookCounsellor. For detailed instructions see Booking a time slot.

Call: 780.479.9241

Email: studentlife@concordia.ab.ca

In person: visit Student Success Centre

Note: A 24-hour cancellation notice required for appointments booked.

Make an appointment with Mirna Hanic:

Mirna Hanic is a Canadian Certified Counsellor offering individual counselling to all students. Her office is located in room HA113-D, Student Success Centre.

Mondays: 8:30 am – 4:30 pm; drop-in sessions 12:00 pm to 1 pm (half an hour each, first come first serve)

Tuesdays: 8:30 am – 4:30 pm; drop-in sessions 12:00 pm to 1 pm (half an hour each, first come first serve)

Wednesdays: 8:30 – 12:00 pm; one drop-in session from 12:00 pm to 12:30 pm

If Monday is a STAT holiday, the schedule is Tuesday to Thursday, instead.

To Book:

Call 780.479.9241

Email: studentlife@concordia.ab.ca

In person: visit Student Success Centre

Online Booking-Only for students who have already seen, or are seeing Mirna:

Visit tinyurl.com/BookWithMirna (case sensitive).

Note: A 24-hour cancellation notice required for appointments booked.

If in Crisis

Need help? If you are in crisis, please come directly to the Student Life & Learning office in the Student Success Centre, across from the Bookstore. The person at the reception desk will make sure you are connected with supports in that moment. We are open Monday to Friday 8:30 am to 4:30 pm. During off hours call 24/7 Distress Line at 780.482.4357. In case of an emergency call 911 and Campus Security (24/7) at 780.479.8761.