

|  July 2020 | | | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 Canada Day | 2 | 3 CUE Tailgate Twister: Social Distancing Style 12-3pm - Faculty & Staff 4-7pm - Students | 4 |
| 5 | 6 Challenge Begins Mindful Monday 9:00-10:00am | 7 Wellness Walk 12:00-12:30 Led by Student Life & Learning | 8 | 9 Meditation for a restful nap 12:00-12:30 | 10 English Conversation Club 3:00-4:30pm | 11 |
| 12 | 13 Mindful Monday 9:00-10:00am | 14 Wellness Walk 12:00-12:30 Led by CSA | 15 | 16 | 17 English Conversation Club 3:00-4:30pm | 18 |
| 19 | 20 Mindful Monday 9:00-10:00am | 21 Wellness Walk 12:00-12:30 Led by HR | 22 | 23 Meditation for a restful nap 12:00-12:30 | 24 English Conversation Club 3:00-4:30pm | 25 |
| 26 | 27 Mindful Monday 9:00-10:00am | 28 Wellness Walk 12:00-12:30 Led by Custodial & Security Services | 29 | 30 | 31 English Conversation Club 3:00-4:30pm Challenge Ends | |

For more Information on Wellness Events go to page 4



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- English Conversation Club
- Recommended Reads –Pride Month
- Wellness Events & Fab Friday

CANADA STUDENT SERVICE GRANT

The Canada Student Service Grant (CSSG) is designed so that qualified post-secondary students and recent graduates can pursue a variety of volunteer opportunities that put their interests and abilities to work for a not-for-profit organization this summer. This allows students to give back while they gain skills, experience and much more, including:

The opportunity to do meaningful volunteer work and give back in an intentional way.

Develop skills for your specific volunteer opportunity with LinkedIn Learning courses.

Build your resume while helping your community.

Apply for a grant from \$1,000 up to \$5,000 once you complete your qualifying volunteer hours. The CSSG is in addition to the Canada Emergency Student Benefit (CESB) (\$1,250 monthly, or higher for students with disabilities or dependents). Students receiving the CESB are eligible for CSSG. However, students receiving the Canada Emergency Response Benefit (CERB) (\$2,000 monthly) are ineligible to receive the CSSG.

For more information and how to apply, visit wanttohelp.org or call 1 (833)521-0117.



FRIDAY JULY 3RD - CUE TAILGATE TWISTER: SOCIAL DISTANCING STYLE

12-3PM - STAFF & FACULTY EVENT

4-7PM - STUDENT EVENT

HOLE ACADEMIC CENTRE PARKING LOT

This event is FREE and open to student's, staff and faculty. There will be yoga, zumba and games. Come out and bring your mask for a social distance style tailgate party!



Student Event

Staff & Faculty Event





Join the conversation online!

ENGLISH CONVERSATION CLUB

When? Every Friday!

Time: 3:00 - 4:30 pm

Cost: FREE!

How: @ Google Meet!

<https://meet.google.com/hoy-rsqy-gcm>

No registration needed



Nice to see you!

Hi! How are you?

<https://concordia.ab.ca/english-conversation-club/>

? Have Questions? Email Victoria.eke@concordia.ab.ca

What are the benefits?

- Practice your English speaking skills
- Share knowledge and ideas
- Learn about culture in a Canadian context
- Learn about cultures from around the world
- Make friends!

Who should attend?

- International students who are looking to practice and improve their English speaking and communication skills
- International and Canadian students who want to share knowledge and learn about cultures from around the world
- Members of staff and faculty looking to increase their engagement with CUE's student population

This initiative is brought to you by CUE Library & CUE's International Office

Recommended Reads:

Happy Pride Month



Brought to you by
CUE Library

Find these ebooks and more at
www.concordia.ab.ca/library

A Two-Spirit Journey: The Autobiography of a Lesbian Ojibwa-Cree Elder by Ma-Nee Chacaby, Mary Louisa Plummer

An Archive of Hope: Harvey Milk's Speeches and Writings by Harvey Milk, Jason Edward Black, Charles E Morris

In a Queer Country: Gay & Lesbian Studies in the Canadian Context by Terry Goldie

Law and the Gay Rights Story: The Long Search for Equal Justice in a Divided Democracy by Walter M Frank

Prairie Fairies: A History of Queer Communities and People in Western Canada, 1930-1985 by Valerie J Korinek

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Pride Day: Celebrating Jommunity by Robin Stevenson

Toward Stonewall: homosexuality and society in the modern western world by Nicholas C Edsall

Transgender History by Susan Stryker

Transgender Mental Health by Eric Yarbrough

Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity by Julia Serano

<https://concordia.on.worldcat.org:443/list/16877575>



CUE CAREER SERVICES

VIRTUAL INTERVIEW WORKSHOP

**THURSDAY, JULY 2
1 PM - 2 PM (MST)**

Come and learn how to prepare
for a virtual interview!

Register [here](#) to attend!

**(Or email careerservices@concordia.ab.ca
for the link to register)**



CUE WELLNESS CONNECTION EVENTS

Big News! *Fab Friday* is going on vacation! Don't worry though, CUE Wellness has many initiatives to keep things interesting over the summer! Check out this week's video to find out more: <https://youtu.be/qtakYXznyT0>

Mark your calendars, here's what's coming up!

Join the July 2020 Wellness Challenge and register today!

The challenge runs from July 6th-31st.

Register by completing the registration form [here](#) and emailing to wellness@concordia.ab.ca.

You can join the challenge at any time!

Friday July 3rd - CUE Tailgate Twister: Social Distancing Style
Hole Academic Centre Parking Lot
12-3pm - Staff & Faculty Event
4-7pm - Student Event

Mindful Mondays every Monday @ 9:00-10:00am

Wellness Walks every Tuesday @ 12:00-12:30pm

Meditation for a restful nap Thursday July 9th and 23rd @ 12:00-12:30pm

English Conversation Club every Friday @ 3:00-4:30pm

Click [here](#) for the calendar and description of the events. All events are FREE and open to students, staff and faculty.

Audio relaxation exercises are now on the [CUE Wellness page](#). Take a few minutes to give them a try! They even count towards July 2020 Wellness Challenge points!

We encourage you to check CUE social media pages every Monday, Wednesday and Friday for:

Mindful Mondays - Join us at <https://meet.google.com/szc-hewx-ocd> every Monday from 9:00 to 10:00 AM where we'll chat about various topics related to social connection and mindfulness.

Wellness Wednesdays - a new weekly fitness challenge will be posted every Wednesday. Check out <https://www.instagram.com/cuedmonton/> and https://www.instagram.com/cue_athletics/ daily for more ways to stay active during isolation. #cuestaysactive

Fab Fridays – will be back in the Fall!

Questions? Contact CUE Wellness at nicole.houghtaling@concordia.ab.ca for more information.