

ONLINE WORKSHOP FOR
STAFF/FACULTY

Sexual Violence Prevention

Wednesday May 5th
1-3pm Online
Registration: tinyurl.com/SVPMay



INSIDE THIS EDITION:

- Mental Health Workshops
- Join the Peer Support Team
- Financial Aid & Awards
- Spring 1 Fees Online
- Library Hours

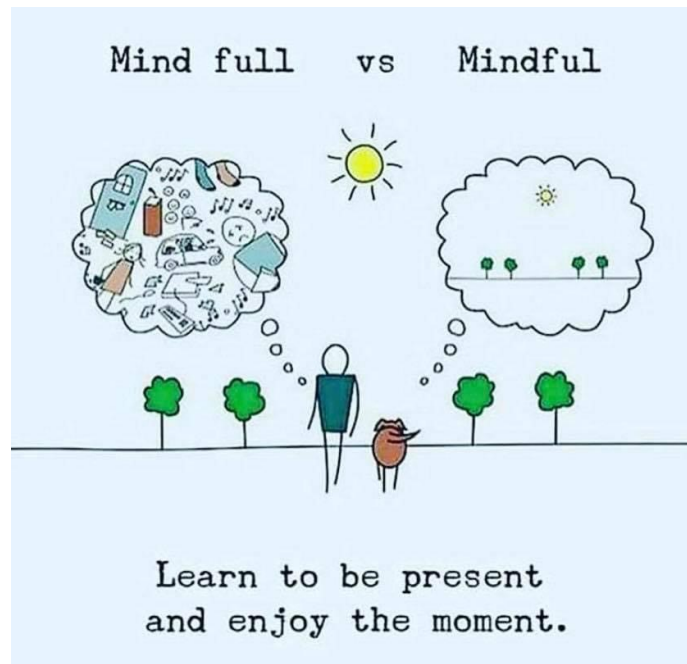


CONCORDIA
UNIVERSITY
OF EDMONTON

The President's Fundraising Breakfast for Mental Health

May 6, 2021
8 – 9AM

For more information
please visit bit.ly/CUE-MHB21







Get ready to #GetReal

CMHA Mental Health Week May 3-9, 2021

Visit mentalhealthweek.ca
for info and tools!



Click to find out more about [Mental Health Week](#) and check out related [resources](#)

MENTAL HEALTH WORKSHOPS

CUE Wellness is offering several virtual workshops this Spring which are FREE and open to students, staff and faculty. Participants will receive a certificate upon completion. These trainings are great professional development opportunities and are filling up fast! Don't delay, register today!

Mental Health First Aid Standard (Virtual)

What you can expect from this course:

Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
Greater recognition of mental health problems;
Decreased stigma; and
improved mental health for yourself.

Dates for employees:

May 6 & 7 from 1:00–4:00pm; plus a 2-hour self-directed module that must be completed by May 4th. Click [here](#) to register.

June 15 & 16 from 1:00–4:00pm; plus a 2-hour self-directed module that must be completed by June 14th. Click [here](#) to register.

Dates for students:

April 29 & 30 from 1:00–4:00pm; plus a 2-hour self-directed module that must be completed by April 27th. Click [here](#) to register.

June 14 from 9:00am–4:00pm; plus a 2-hour self-directed module that must be completed by June 12th. Click [here](#) to register.

Suicide Awareness & Prevention

We've had to postpone our face-to-face trainings this Spring due to Covid restrictions. We hope to be able to offer ASIST and safeTALK again in the summer but, for now, you can still participate in a 1 hour online training through Living Hope. You can take this training at any time that is convenient for you!

LivingWorks Start

What you can expect from this course:

- Learn to recognize when someone is thinking about suicide and connect them to help and support.

Click [here](#) to register and ensure you enter Concordia's postal code: **T5B 4E4**.





Now Recruiting Students for the Peer Wellness & Support Team 2021/22

Peer Wellness & Support student volunteers offer a variety of events, activities, campaigns, workshops, supportive listening and other exciting initiatives throughout the year focused on wellness. Peer Wellness & Support Team members are expected to commit to **5 hours per week** to participate in campus mental health and wellness initiatives during the fall 2021 and winter 2022 semesters. Team members will receive about **70 hours of training** throughout the summer and then have the opportunity to specialize in one or more pillars of wellness such as:

Food & Nutrition
Social & Mental Wellness
Alcohol & Drug Awareness
Sexual Health & Sexual Violence Prevention
Active Living & Physical Activity
Social Media & Website
Peer Supportive Listening

Based on areas of interest, responsibilities may include: developing and/or facilitating workshops; creating displays, resources or writing articles on various wellness topics; organizing events and campaigns; creating and managing content on Peer Wellness & Support social media platforms and CUE Wellness google site; graphic design; supportive listening; policy development; etc.

Benefits of being part of the Peer Wellness & Support Team include: (1) real life skills, training and practical experience, (2) a boost to your Co-Curricular Record, resumé and potential grad application, (3) additional training opportunities in the fields of mental health and health promotion.

To apply...

Fill out the online application [here](#).

Selected students will be invited to an in-depth conversation about their suitability, availability and commitment to the program. Successful applicants will be required to get a Vulnerable Sector Police Information Check (cost reimbursed). **Recruitment closes April 30th.**

For more information...

Contact wellness@concordia.ab.ca or peersupport@concordia.ab.ca

Financial Aid and Awards

\$\$ Need government funding for Summer term?

Domestic students can apply for full-time or part-time funding for the Summer terms. If interested, be sure to apply soon! [Contact a financial aid advisor](#) if you need help applying or need to know which funding application to submit.

Did you know? The new AB Student Loan application for the 2021-2022 academic year will be released in **early June** on the AB Student Aid website: www.studentaid.alberta.ca.

Check out these upcoming External Scholarship Opportunities!

These are external scholarship opportunities and are not administered by Concordia University of Edmonton.

Edmonton Community Foundation Awards and Bursaries

Value: \$ \$1,000-\$6,000 **Application Deadline:** May 15, 2021

Edmonton Community Foundation has a long history of providing student awards to help students achieve their educational dreams. ECF Awards and Bursaries (previously known as Community Scholarships) were launched in 2009 to help students from Edmonton and/or Northern Alberta who have a history of community involvement with the costs of post-secondary education. ECF Awards and Bursaries support students from Edmonton and/or northern Alberta with financial need who have a history of community involvement or leadership.

Visit the [ECF website](#) for more information and application details.

AWSN Scholarship

Value: \$3000 **Application Deadline:** June 30, 2021

Are you a minority student who is continuing full time undergraduate studies entering your third or fourth year of an undergraduate program in Science, Technology, Engineering or Mathematics (a gender minority in a traditionally male/female dominated program-for example a young woman studying engineering or a young man studying nursing) at an Alberta university, college or technical institute? Have you demonstrated STEM leadership in the academic or community setting? Have a career gap of two years or more and re-engaging into a STEM program in Alberta to learn more, or upgrade skills? If the answer to any of these questions is YES you are invited to apply for the AWSN scholarship. Visit the [AWSN website](#) for more information and application details.

Helen Rose STEM Award

Value: \$10,000 **Application Deadline:** June 30, 2021

The Helen Rose Academic Award can be applied to tuition at an accredited Canadian University or College program. To apply for this Award, you must be a woman between the ages of 18-25, a resident of Canada, and be pursuing a field of study that will help you in the future create or contribute to a new mindset for a better world. Visit the [Opterus Helen Rose Awards](#) for more information and application details.

Have questions about student loans, scholarships, or bursaries? Ask us!

[Click here](#) to book a Google Meet online advising appointment with a Concordia financial aid advisor.

Our Financial Aid and Awards office is open throughout the spring and summer months.

Financial Aid & Awards Office

Email: finaid@concordia.ab.ca

Website: financialaid.concordia.ab.ca



SPRING TERM 1 FEES ARE NOW ONLINE!

Fees are due the first day of class! – May 5th.

Check your balance

- Online through Concordia's website through <https://onlineservices.concordia.ab.ca/>
- Contact Student Accounts if a printed statement is required.
- Opt out deadline for Health & Dental Benefit Plan is May 20th. For Masters and
- Environmental Health Students. New Students Only. Opt out at [Mystudentplan.ca](https://mystudentplan.ca)

Tuition can be paid by the following methods:

- Through online banking, by setting Concordia University of Edmonton up as the biller and using your six digit student ID number as the account number
- Credit Card payments are accepted through www.Plastiq.com (processing fees apply) Payment takes 5 days to be receipted on to your student account.

If you anticipate student loan payments, please be aware that Concordia is making remittance requests from your Student Loan funding to pay your Spring Term Fees. Please check your online account to ensure your fees have been paid by student loans.

If you have any questions, please do not hesitate to contact Student Accounts studentaccounts@concordia.ab.ca.

LIBRARY SPRING & SUMMER HOURS

Mon-Fri: 8:30 am - 4:30 pm
Sat-Sun: Closed

Virtual library services only. This is subject to change as we receive direction from provincial public health orders and CUE's administration. Our reduced spring and summer hours begin May 1, 2021

