

Yoga Beyond the Mat

with Marina Hutton



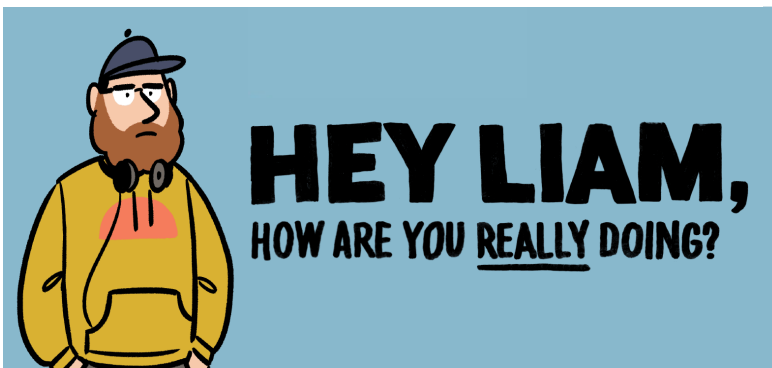
Tuesdays
June 1-June 29
7:30pm-8:45 pm

For more
information click
[here](#)

Register today!

INSIDE THIS EDITION:

- COVID Challenges & Finding Support
- Drama In the Classroom
- Digital Student Exchange Program
- DRA 149 Summer Classes
- Buddy Up.CA
- AbbVie IBD Scholarship
- Financial Aid & Awards



Throughout June, participate in the #BuddyUp Challenge by completing activities that promote mental wellbeing and drive connection with others. There will be a draw for some amazing prizes!

Learn more and register at: <https://www.buddyup.ca/become-a-champion/june-2021/>

Have you seen the [CUE Wellness google site](#)? It is constantly being updated with new events and resources. Click [here](#) to check it out...and please spread the word!

If you or someone in your family has tested positive for COVID-19 and encounter challenges, you are not alone :

PLEASE CALL
EMERGENCY HOTLINE



1-833-738-7727

Monday to Friday from 9:00 am to 5:00 pm

Responders can speak **31 languages**

All information will be kept **strictly confidential**

SUPPORTS AVAILABLE



FOOD



FINDING SPACE
FOR ISOLATION



COUNSELLING



OTHER BASIC
NEEDS

This initiative is led by :

EDMONTON COVID-19 RAPID RESPONSE COLLABORATIVE

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DRAMA IN THE CLASSROOM

SUMMER COURSES

X-DRA 02 Drama In the Classroom for K to 12 Bilingual Program Teachers July 5 - July 10, 2021: 1pm - 4pm • Course fee: \$350+GST

Incorporating the use of language into theatre games, speech exercises, movement, improvisation and text, this course will focus on implementing drama activities into the elementary/secondary bilingual program classroom and enhancing Language Arts, Mathematics, Science, Social Studies and more. K to 12 Bilingual Program Teachers will be able to implement the activities learned in this course directly into their classroom in September. K to 12 Bilingual program teaching experience is a requirement to register in this course.

X-DRA 03 Drama In the Classroom for Teachers July 5- July 10, 2021: 9am - noon • Course fee: \$350+GST

Using theatre games, speech exercises, movement, improvisation and text, this course will focus on implementing drama activities into the elementary/secondary classroom and enhancing Language Arts, Mathematics, Science, Social Studies and more. Teachers will experience drama activities, have opportunities to present rehearsed scenes and will be able to implement the activities learned in this course directly into their classroom in September. This course is only open to certified teachers, teaching assistants, and students in a qualified post-secondary education program.

REGISTRATION: CLICK [X-DRA 02](#) [X-DRA 03](#)

OR VISIT concordia.ab.ca/university-programs/non-credit-courses/
QUESTIONS? E-MAIL US AT extension@concordia.ab.ca



UNIVERSITÄT
BIELEFELD



TH OWL
UNIVERSITÄT
DUISBURG
ESSEN



FH Bielefeld
University of
Applied Sciences



PADERBORN
UNIVERSITY

Campus OWL

UNIVERSITÄT
DUISBURG
ESSEN

We CAN virtuOWL

International Virtual Academic Collaboration (IVAC)
OWL – Edmonton (Alberta, Canada)

Digital Student Exchange

Invitation

We CAN virtuOWL is a collaborative project of the Alberta OWL consortium, which consists of four higher education institutions from OWL (Bielefeld University, Bielefeld University of Applied Sciences, Paderborn University, OWL University of Applied Sciences and Arts) and four post-secondary institutions from Edmonton, Alberta (University of Alberta, MacEwan University, Concordia University of Edmonton, and NAIT).

In addition to virtual collaborative teaching and learning formats developed by lecturers from OWL and Edmonton, We CAN virtuOWL also offers a Digital Student Exchange Program exclusively for students from Alberta and OWL who are interested in intercultural exchange and would like to meet their peers outside the class.

The aim of the program is to enhance intercultural competences by enabling students to connect and interact with each other in a rather informal but no less engaging way. The program will be hosted by students and offers an opportunity for peer-to-peer learning and communication across borders and cultures in a fun and interactive way.

The program is designed as a mini-series with a total number of six sessions from May to July. All meetings will take place online via zoom. Students will receive a Certificate of Participation if they attend at least four of the six sessions .

Further information:

[Digital Student Exchange](#)
[We CAN virtuOWL](#)
[Alberta-OWL](#)

We CAN virtuOWL - Digital Student Exchange

Part 1: Friday, May 28, 2021
5-5:30pm CET // 9-9:30am MT
Part 2: Friday, June 4, 2021
5-5:30pm CET // 9-9:30am MT
Part 3: Friday, June 11, 2021
5-5:30pm CET // 9-9:30am MT

Part 4: Friday, June 25, 2021
5-5:30pm CET // 9-9:30am MT
Part 4: Friday, July 2, 2021
5-5:30pm CET // 9-9:30am MT
Part 4: Friday, July 9, 2021
5-5:30pm CET // 9-9:30am MT

Join us via Zoom:

Meeting-ID: 966 4993 9105
Security Code: 324216
Link: [https://fh-
bielefeld.zoom.us/j/9664993910
5?pwd=bTlhMIQxOGxmY1ZKdHB
YbGo1OU95UT09](https://fh-bielefeld.zoom.us/j/96649939105?pwd=bTlhMIQxOGxmY1ZKdHB5bGo1OU95UT09)



DAAD

Deutscher Akademischer Austauschdienst
German Academic Exchange Service

DRA 149 - Introduction to Creative Process

3 credits. Prerequisites: None. Co-requisites: None.

Summer 1 & 2 July 20 to August 19

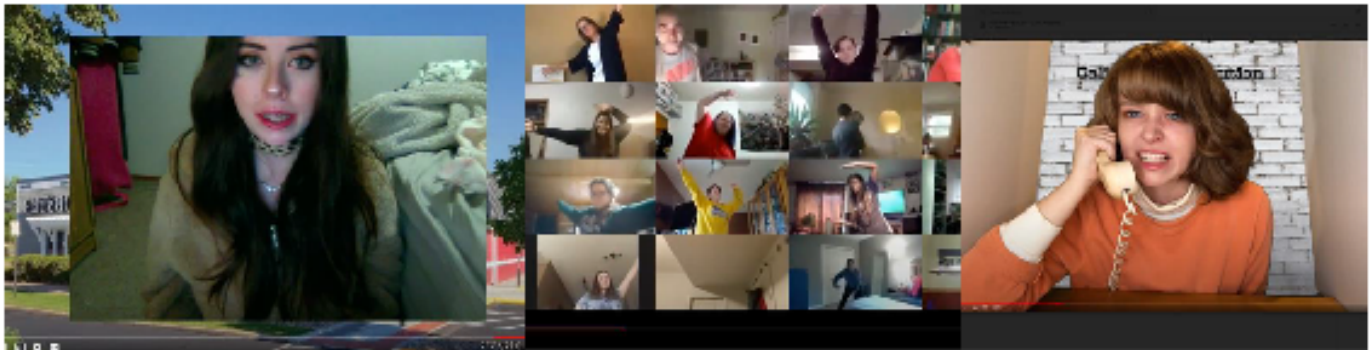
Monday to Friday 9 – 12

DRA 149 Introduction to Creative Process Exploring speech, movement, and improvisation through acting, ensemble work, and theatre games, and participation in self-created dramas of different forms. This is a practical, performance based class. Some in person classes as possible.

Explore your creative side through theatre games, group work & improvisation. Learn to express yourself, build characters, tell stories (in real time & through a camera lens), and learn the building blocks of Drama.

DRA 149 is a prerequisite for all other drama classes and is required if you're a Drama Concentration or Minor.

Instructor: **Dave Horak** Award winning actor, director and teacher and Artistic Director of Edmonton's Freewill Shakespeare Festival.



"We always have lots of laughs and it's never a dull moment. Everyone is always so supportive!"

**"I wasn't sure how I would like drama online but I've grown to love it.
Everyone is so friendly and encouraging!"**

"Excellent professors and excellent class content, even when COVID makes its virtual!"

Also Offered:

Summer 2 August 3 to 19

DRA 252 (3) Fundamentals of Public Speaking Michele Fleiger **M to F 9–12** Basic techniques of oral communication and public speaking with an emphasis on speech construction and delivery. Prereq: 2nd year standing required.

For more information on these and other Drama courses:

<http://drama.concordia.ab.ca/>

MEN HAVE A SUICIDE RATE 3x HIGHER THAN WOMEN. GUYS, HERE'S WHAT YOU CAN DO.



1 • PAY ATTENTION

Any noticeable change in his behaviour is a warning sign your friend might not be doing well. These changes could include:

- Drinking more than usual
- Appearing tired or distant
- Talking about how much life sucks
- Being more irritable or angry

2 • START A CONVERSATION

Choose a comfortable time to participate in the June #BuddyUp Challenge!

- Over the phone
- Over drinks at a favourite hang out
- While driving in the car
- While working on a project

Mention what you've noticed.

- "I haven't seen you around much these days. Is everything okay?"
- Don't blame or shame him.



3 • KEEP IT GOING

Ask questions and listen to what he's saying.

- "The other day you said your life sucks... what's that like for you?"
Avoid instantly problem-solving.
- Don't make it seem like he's overreacting, and don't change the subject.
- Back him up and acknowledge his feelings: "That sounds really hard."
- If you're still worried about him, ask: "Are you thinking about suicide?" If he says yes, don't panic.
- Let him know you're there for him: "Thanks for telling me. That's really hard to do. Can you tell me more about it? I'm here for you."



4 • STICK TO YOUR ROLE

You're a friend, not a counsellor.

- Ask if he has others he can reach out to for support, and ensure he contacts them.
- Call Crisis Services Canada together: 1-833-456-4566.
- Following the conversation, check in with him often.
- If he has imminent plans to die, contact 911 and ensure he is not left alone.



Check out this short video about BuddyUp: https://www.youtube.com/watch?v=jf_gMPC9XrA&t=18s

BUDDYUP.CA



centre for
suicide prevention



Crohn's and
Colitis Canada
Crohn et
Colite Canada

The AbbVie IBD Scholarship Program (Crohn's and Colitis Canada), directly supports individual students in overcoming education barriers due to Crohn's disease and ulcerative colitis.

Value: \$5000

Application deadline: June 1st

Who is eligible to apply?

Applicants must be:

- A citizen or permanent resident of Canada
- Diagnosed with Crohn's disease or ulcerative colitis by a health care professional
- Seeking a diploma, associate, undergraduate, or graduate degree from a Canadian university, college or tradeschool
- Enrolled in or awaiting acceptance from a Canadian-based post-secondary educational institution for the 2021 fall semester
- A student who demonstrates academic aspiration and strives to sustain an optimal level of wellness, allowing them to excel to reach their goals and inspire others to do the same.

Apply online today at ibdscholarship.ca

For more information, contact info@ibdscholarship.ca or call 1-800-387-1479 ext. 247

This is an external scholarship opportunity and is not administered by Concordia University of Edmonton.

FINANCIAL AID AND AWARDS

Need Government funding for Summer Term 1 or 2?

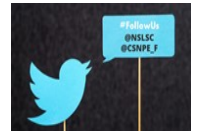
Domestic students can apply for full-time or part-time funding for the summer terms. If interested, be sure to **apply soon!** [Contact a financial aid advisor](#) if you plan to submit a funding application. We can help.

Student Loan Application Assistance

The 2021-2022 [Alberta Student Aid](#) funding application will be available in early June. Whether this is your first time applying or you are looking for some extra support to complete your application, booking an online student loan appointment with one of our Financial Aid Advisors can help ensure that your application is submitted without errors. [Click here](#) to book an online appointment.

National Student Loans Services Centre (NSLSC) – NEW!

The National Student Loans Service Centre (NSLSC) is officially live on Twitter! We are excited to introduce this new channel to our student borrowers. Don't forget to hit that follow button [@NSLSC](#) for some exciting content to follow.



Le **CSNPE** est officiellement en direct sur Twitter ! Nous sommes heureux de présenter ce nouveau canal aux emprunteurs pour soutenir leurs expériences de prêt études. N'oubliez pas de cliquer sur le bouton "suivre" [@CSNPE](#) pour accéder à du contenu captivant.

The National Student Loans Service Centre (NSLSC) is now on YouTube! To check out the channel, click on the link to enhance the student loan experience. [English Channel](#)



Le Centre de service national de prêts aux étudiants est maintenant sur YouTube! Pour consulter la chaîne, cliquez sur le lien afin d'améliorer l'expérience de prêt étude. [Chaîne française](#)

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