

STRONGER TOGETHER A COVID-19 CONVERSATION

Join us on Wednesday, August 18, 2021, for **Stronger Together: A COVID-19 Conversation**, a panel discussion designed to provide the facts about COVID-19 and answer your questions.

When: Wednesday, August 18, 2021 at 7:00 p.m.

Where: This virtual event will be livestreamed on Zoom. RSVP and the link will be emailed to you.

Why: To ensure members of the CUE community have the facts about COVID-19 and vaccines, and a platform to ask questions in order to make informed decisions.

[Register for the event and submit your questions](#)

CUE WELLNESS

Meet our [Peer Wellness & Support](#) team!

Come see us in person at the New Student Orientation Aug 26th & 27th! We'll also be at the 5K walk/run event on Sep 5th during [Homecoming 2021 weekend](#)! Cost to join the fundraising 5K is \$35 for CUE staff/faculty/students/alumni and you'll receive an awesome swag bag that includes a shirt, water bottle, snacks, sports towel and much more! Register [here](#)!

Hey CUE –Did you know that despite the short growing season, there are more than 120 vegetables and fruits commercially grown in Canada? These include cranberries, blueberries, and Saskatoon berries all native to Canada. Berries are a great addition to a morning meal, a summer salad, the perfect snack, or nature's way to sweeten plain yogurt. Check out these [Creamy Smoothie](#) or [Strawberry Pancakes](#) recipes. *Berries are a great way to add flavour and colour to muffins, oatmeal, salads, and yes, pancakes! Cooking with overripe berries is also a great way to make something delicious and reduce food waste.*

Check out our upcoming programs

safeTALK: Thursday, Aug 19th from 1-4:30pm

LivingWorks Start: take this 1 hour training anytime

INSIDE THIS EDITION:

- Family Nature Nights
- Financial Stress
- Travel Insurance-mystudentplan.ca
- Music Course Information.





Nature
Kids



Family Nature Nights



REGISTRATION: 6:00 - 6:25PM
6:30-8:30PM

FREE FUN FOR FAMILIES WITH
KIDS AGED 4-12 BUT
EVERYONE IS WELCOME



~~JULY 28 | FOREST AND FEATHERS~~

~~Alfred H. Savage Centre, Whitemud Park~~

~~AUGUST 4 | URBAN CRITTERS~~

~~Jackie Parker Park~~

AUGUST 11 | BEAUTIFUL BUGS

Twin Brookes District Nature Park

AUGUST 18 | WILD & WET

Hermitage Park



A community connected by a love of nature.

FOR MORE INFO: Facebook.com/NatureAB or naturekids@naturealberta.ca | naturealberta.ca

For more info, email naturekids@naturealberta.ca

Financial stress can have a real impact on your mental health.

Visit mywellnessplan.ca today to get access to KOFE and get more financially empowered.



mywellnessplan.ca



It's summertime! If you are travelling,

visit mystudentplan.ca for information
on your travel coverage.



mystudentplan.ca





Looking for a course to enhance your psychology or education studies?

Consider **MUS295 - Introduction to Music Therapy** this Fall

An introduction to music therapy, the study of the prescribed, structured use of music to restore, maintain and/or improve individuals' physical, emotional, social, spiritual, cognitive, and psychological well-being. This course is of particular interest to those working with individuals with special needs.

3 credit course

Thursday evenings 6:00 to 9:00

Prerequisites: MUS 100 (Rudiments of Music) or MUS 111 or MUS 120 (Advanced Rudiments of Music) or MUS 211 (Music Theory I) or Consent of Department if you have some music background but have not taken the pre-requisites. Please contact the music program coordinator Jolaine.kerley@concordia.ab.ca for information.

About Music Therapy

Music therapy is the use of elements of music, such as rhythm and emotional content, to improve the health and well-being of individuals of all ages. At the recent World Congress of Music Therapy (July 7-8, 2020), presented virtually from South Africa, there were a total of 1000 music therapists from 95 different countries. New areas of practice and research are opening up on a regular basis and demand for music therapy in Alberta and throughout Canada is growing. In addition to MT clinicians, we need educators, counsellors, and individuals who are interested in biology, neurology, natural medicine, technology applications in healthcare and quantitative and qualitative researchers. **A background in music with a general understanding of music theory is all that is required in order to register for this class.** You DO NOT need to be a concert pianist or professional opera singer. An interest in working with persons with disabilities, out-of-the-box thinking, and a creative mind are additional assets for this course. We look forward to welcoming you as participants and co-creators in this exciting learning opportunity.

About the Instructor

John Lawrence is a Certified Music Therapist with 25 years of clinical experience. His experience includes clients ranging in age from 6 months to 105 years of age, with a variety of physical, emotional, and neurological conditions. In addition to teaching, he is a past member of the Board of Directors of the *Music Therapy Association for Alberta* and is a frequent participant in activities of the *Canadian Association of Music Therapists*. John has published in a number of professional music therapy journals, serves as a reviewer, and he helped to create the *Online Conference for Music Therapy*, a virtual 24-hour conference that will be celebrating its' 10th anniversary in 2021. He is sought after as a speaker at national and international conferences and workshops and consults with various organizations regarding technology and issues related to open access journals and research. When he not working and sharing his love of music therapy with others, John enjoys outdoor pursuits and photography.

