



**YOU CAN HELP
SAVE LIVES**

Attend a **free virtual** naloxone training session hosted by **FentaNIL**.

Training will be offered from **5-6pm** on Tuesday **November 16**.

Register here:
<https://tinyurl.com/mk5smuh4>



CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness



**1 in 5
Students
Experience
Food
Insecurity**

If you are experiencing food insecurity please reach out to foodbank@concordia.ab.ca

If you wish to donate use this link: <http://tinyurl.com/4u76sp2a>

[FOR MORE INFORMATION](#)



INSIDE THIS EDITION:

- Jessa Clarkson Recital
- Research Talk-The Science & Psychology of Nature
- European Summer School
- Glow Christmas Event– Dec. 3rd
- Building Resilience
- Healthy Relationships Week
- How Women Can Save More Money
- Financial Aid & Awards

A CIF AND CBSA EVENT
PAINT NIGHT

Event Theme: **Resilience**


Free Paint Kit Provided

**DATE: THURSDAY,
NOVEMBER 18, 2021**

TIME: 6:30 PM - 8:30 PM

LOCATION: ONLINE

Win a Giveaway Basket!



CONCORDIA
UNIVERSITY
OF EDMONTON | Office of
Extension and Culture

**CONCORDIA
CONNECTS**

GRANT FOR COMMUNITY AND
CULTURAL ENGAGEMENT

The Office of Extension and Culture is pleased to call for our 3rd year, applications for the Concordia Connects Grant for Community and Cultural Engagement.

Two grants are available per year: \$3000 for Community Engagement and \$2000 for Cultural Engagement initiatives. The deadline for 2021 applications is November 15th, 2021, the first Monday after Reading Week during the Fall Semester.

Further information, can be found [HERE](#) or email us at extension@concordia.ab.ca



Jessa Clarkson presents:

Love's Philosophy

Senior Voice Recital

Jessa Clarkson - Mezzo Soprano


Megan Crane - Piano

Saturday November 27, 2021
7 PM

Holy Trinity Anglican Church
10037 84th Ave Edmonton



Free admission



DR. HOLLI-ANNE PASSMORE
ASST. PROFESSOR, PSYCHOLOGY DIRECTOR OF
THE NATURE-MEANING IN LIFE RESEARCH LAB

THE SCIENCE AND PSYCHOLOGY OF THE NATURE-WELLBEING RELATIONSHIP

THURSDAY, NOVEMBER 18
AT 11:00 - 11:50 AM
VIRTUAL ON GOOGLE MEET

The belief that connecting with the natural world is beneficial to our well-being has surfaced repeatedly throughout human history, and across diverse cultures. Research in the scientific study of well-being over the past two decades has clearly, and consistently, evidenced that engaging with nature boosts many aspects of well-being.

This talk presents a broad overview of the research in this area, with a particular emphasis on recent applied research examining nature-based well-being interventions. This Concordia Commitment Research Talk is **open to all CUE students**.

Register <https://forms.gle/rZ1B5K9W84mkExzm7> to receive the link to join the virtual presentation via Google Meet.



**Come
and discover
Europe!**

European Summer School on European Business and Culture May 16 thru June 24, 2022

Two Courses

- European Culture and Cross Cultural Management
- European Politics and Business

Additional labs

- Learning another Language (French/Spanish/German)
- Research project, paper, presentations

Field trips

- Berlin, Frankfurt, Rotterdam, The Hague, Amsterdam

**Contact your local
international office
or directly:**

**Bielefeld University
of Applied Sciences**
International Office
Interaktion 1
33619 Bielefeld
Germany

international.office@
fh-bielefeld.de
Phone +49.521.106-7709



FH Bielefeld
University of
Applied Sciences





CHRISTMAS
Glow



Student Night

FRIDAY DEC 3RD, 6-10PM

STUDENTS WILL EXPERIENCE:

- DJ SPINNING TUNES
- FOOD TRUCKS/BARS
- ARTISAN CHRISTMAS MARKET
- DOOR PRIZES AND MORE

GLOWYEG.CA

Use the code GLOWSTUDENT20 to
receive 20% off tickets



THE
CANADIAN
BREWHOUSE

Building Resilience: From Surviving to Thriving

This 2 hr online workshop is geared to developing and building your own resilience plan. It is **FREE** and open to all CUE students. If you have any questions or concerns, please contact wellness@concordia.ab.ca

November 29, 2021
3:00-5:00pm

Register here:
<https://tinyurl.com/ww3rmubj>



[REGISTER HERE!](https://tinyurl.com/ww3rmubj)

• Sun Nov 21 •

Women's Self-Defence Seminar

Where: Kamikaze Punishment Foundation Gym

When: 5pm

What: Self-Defense Tactics Workshop

Registration: There is a \$5 ticket fee. To register E-transfer \$5 to csavpfinance@student.concordia.ab.ca with your email, name, and WOMENSEMINAR 2021

• Mon Nov 22 •

Understanding Domestic Violence Workshop

Where: Virtual

When: 3pm- 4:30pm

What: In this introductory workshop, participants will explore the root causes of domestic violence to gain an understanding of how and why violence happens.

Registration: <https://tinyurl.com/5ct9wyr8>

• Wed Nov 24 •

Exploring Sex & Intimacy in the COVID-19 Era

Where: Virtual

When: 2pm- 3pm

What: Join sexologist Dr. Brian Parker for this engaging and interactive look into the world of intimacy & relationships in the time of a global pandemic. For all folks regardless of sexual orientation and/or gender identity.

Join here (no registration required):

meet.google.com/vdx-cymz-byw

Healthy Relationships Week

For more info go to:

<https://sites.google.com/concordia.ab.ca/cue-wellness/events>



CONCORDIA
UNIVERSITY
OF EDMONTON

| Wellness

social wellness
mental wellness
courage
grow
support
sexual health
alcohol awareness
friendship
PEER
WELLNESS
& SUPPORT
active living
drug awareness
food & nutrition
brave
personal care
balance
physical activity
sexual violence prevention
peer support
learn
strength
safe talk

: <https://sites.google.com/concordia.ab.ca/cue-wellness/events>

HOW WOMEN CAN SAVE MORE MONEY

FREE WEBINAR

NOVEMBER 17 FROM 1 TO 2 P.M. ET



Most Canadians understand the need to save more, spend less, and manage their money. So why are more Canadian women struggling with their finances than men?

This one-hour webinar has been designed specifically for women who want to learn more about managing money and building saving habits. This free virtual event will explain the challenges to saving money, why you need to save more money as a woman, and steps you can take today, no matter your financial situation, to build your savings and financial resilience.

The Financial Consumer Agency of Canada invites you to **join us on November 17th at 1:00pm ET** for an interactive and engaging event for women to help them build money management skills and saving habits.

Share this invitation with your sisters, friends, colleagues – all the women in your life – to help them build financial resilience! Or anyone you know that works with women.

[Register now!](#)

Make change that counts!



Save money for the future

Save for your goals and prepare for unexpected expenses or financial setbacks.

canada.ca/financial-literacy-month

CUE Scholarships is now **OPEN**

(Undergraduate awards)

50+ scholarships, 1 online application!

CUE Scholarships are provided by generous private donors and organizations. There are many different types of CUE Scholarships which range in value.

To apply, go to: Online Services / Requests / Awards Application

Questions? Email us at финаid@concordia.ab.ca



JOIN US!

Monday, November 15, 2021 – 3:00 p.m. [Pre-register for virtual event](#)

Talk About Money - Join us for an informal virtual chat on money themed topics and how to build financial resilience in challenging times. Participants get one entry in the main prize draw.

Canada Revenue Agency (CRA) Webinar – Scams

Tuesday, November 16, 2021 – 12:00 p.m.

Email финаid@concordia.ab.ca to register for webinar Canada Revenue Agency (CRA) Webinar – Scams: How to recognize a scam, examples of fraudulent communications and how to protect yourself from identity theft including new COVID-

19 scams. Participants get one entry in the main prize draw.

Wednesday, November 17, 2021 – 11:30 a.m. to 1:30 p.m.

Visit our table in Tegner! Spin the Wheel and test your financial knowledge for a chance at winning prizes.

Thursday, November 18, 2021 – 1:00 p.m. [Pre-register for virtual event](#)

Scholarships 101 Session - Everything you wanted to know about getting a scholarship. Participants get one entry in the main prize draw.

Friday, November 19, 2021 – 12:00 p.m. [Pre-register for virtual event](#)

Talk About Money - Join us for an informal virtual chat on money themed topics and how to build financial resilience in challenging times. Participants get one entry in the main prize draw.

Financial Fitness Week Main Prize – \$250 Bookstore Gift Certificate

[Visit the Financial Aid and Awards page here](#)