



LET'S GET SOCIAL!



**JOIN US FOR A WALK
EVERY WEDNESDAY IN JUNE
12:00 – 12:30 PM**

**NO REGISTRATION REQUIRED
MEET OUT FRONT OF HAC ENTRANCE
WALKS WILL GO AHEAD RAIN OR SHINE!**

QUESTIONS? CONTACT WELLNESS@CONCORDIA.AB.CA

INSIDE THIS EDITION:

- Struggling with Mental Illness?
- WECAN Food Baskets
- Hey Aidan! How are you really doing?
- SLL Open for Summer
- Student Plan Information-Dental
- Drama-Summer Course

June Campus Rec Schedule



Zumba (every Tuesday in June): Started May 31st!

Zumba Tuesday's

12-12:45 pm

RK204



**BRIDGING THE GAP BETWEEN
SCIENCE AND COMMUNITY**

**speak
science
simply**

Learn more and register today!

concordia.ab.ca/speakscience
speakscience@concordia.ab.ca



BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is important that more Canadians know how to provide help in these situations too.

For more details and to register, go to: <https://sites.google.com/concordia.ab.ca/cue-wellness/events/workshops>



Is **someone** you know or love **struggling** with **mental illness**?

Please visit **mywellnessplan.ca** for more details.

Please visit mywellnessplan.ca for more information.



 **mywellnessplan.ca**



WECAN Food Baskets

CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness



WECAN baskets are monthly baskets of fresh fruit & vegetables and frozen meat at supplier cost! They are \$35 for the whole basket, \$20 for just meat or \$15 for just fruit and veg. Baskets can be purchased by anyone in our CUE community (students and employees!)

If we have enough people on campus purchasing baskets we will be able to become a distribution site so that students can have easy access to good quality food!

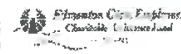
If you would like a food basket or have any questions please email wellness@concordia.ab.ca by June 1st if you would like a June 16th basket.

Here is the price comparison from a previous basket:

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.28	1.74	1.74	1.70	2.00	1.68
Kiwi	4	3.48	3.96	3.56	3.96	3.56	2.40
Pears	4	3.48	3.53	4.60	4.16	3.68	2.36
Carrots	2 lbs	1.64	2.99	3.99	2.66	2.49	1.71
Leaf Lettuce	1	2.47	3.49	2.99	3.49	2.49	1.63
Broccoli	1	1.97	3.99	3.49	4.62	2.99	1.21
Cucumber	1	1.97	2.49	2.49	1.49	1.49	1.32
Potatoes	5 lbs	3.97	5.99	3.50	5.99	4.99	2.70
Produce Sub-total		20.26	28.18	26.36	28.07	23.69	15.01
Lean Grd. Beef	0.5 kg	7.20	7.71	7.00	7.00	7.00	5.25
Chicken Thighs	1.3 kg	10.23	15.73	9.75	15.21	10.57	10.75
Ground Turkey	350 g	4.59	5.04	5.40	7.56	5.39	3.79
Meat Sub-total		22.02	28.48	22.15	29.77	22.96	19.79
BASKET TOTAL		42.28	56.66	48.51	57.84	46.65	34.80



12122 – 68 Street NW, Edmonton,
AB T5B 1R1
Phone: (780)413-4525
Email: info@wecanfood.com
Website: www.wecanfood.com
Instagram: @wecan_foodbasketsociety





HEY AIDEN, HOW ARE YOU REALLY DOING?

Men have a suicide rate 3x higher than women.

Aiden is overwhelmed with all the uncertainty going into his first year of college. His classes are online and he's anxious about how his first year will be.

If you have a friend like Aiden, it's time to step up and offer your support. Learn more at buddyup.ca.



centre for
suicide prevention

June 2022 is Buddy Up Month! Are you participating in the **#BuddyUp Challenge** for men's suicide prevention? Challenge activities promote authentic conversations and wellbeing. To find out more, go to www.buddyup.ca and click [here](#) to see what you can do! Are you thinking about suicide? Help is available. Call the Canada Suicide Prevention Service **1-833-456-4566**. Available 24/7/365.

Open for Summer!

Career Services

Appointments
available in person
or online
Book through
online services

IKRC

Appointments
available in person
or online

Wellness & Counseling

Check out our
wellness
workshops
Appointments
available in person
or online
Book through the
Jane app

Learning Services & LAS

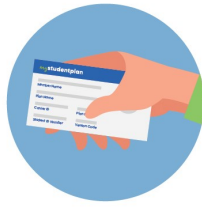
Appointments
available in person
or online
Book through
online services

Student Housing

Housing
applications for
the 2022-2023
academic year are
now open online!

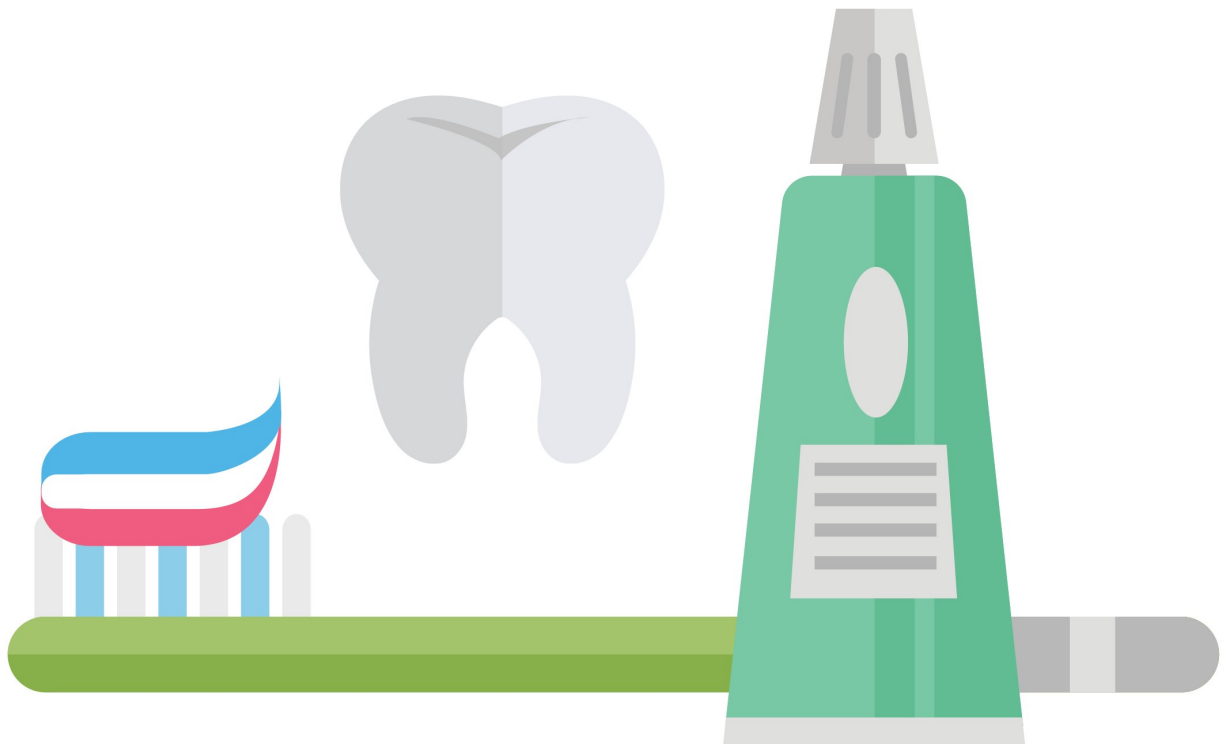
Website: <https://concordia.ab.ca/student-services/student-life-learning/>

Email: studentlife@concordia.ab.ca



Smile! Your student dental plan can help access dental care.

Visit mystudentplan.ca for student savings on dental services.



mystudentplan.ca





DRAMA IN THE CLASSROOM

SUMMER COURSE

X-DRA 03 Drama In the Classroom for Teachers

July 4 - 10, 2022: 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.

VISIT HERE TO REGISTER

QUESTIONS? E-MAIL US AT extension@concordia.ab.ca