



**CUE OPEN HOUSE**  
**VOLUNTEERS NEEDED**  
**GET A FREE T-SHIRT!**  
Volunteer for any amount of time between 10am-2pm on October 22



Have questions? Contact  
StudentAmbassador@concordia.ab.ca

## INSIDE THIS EDITION:

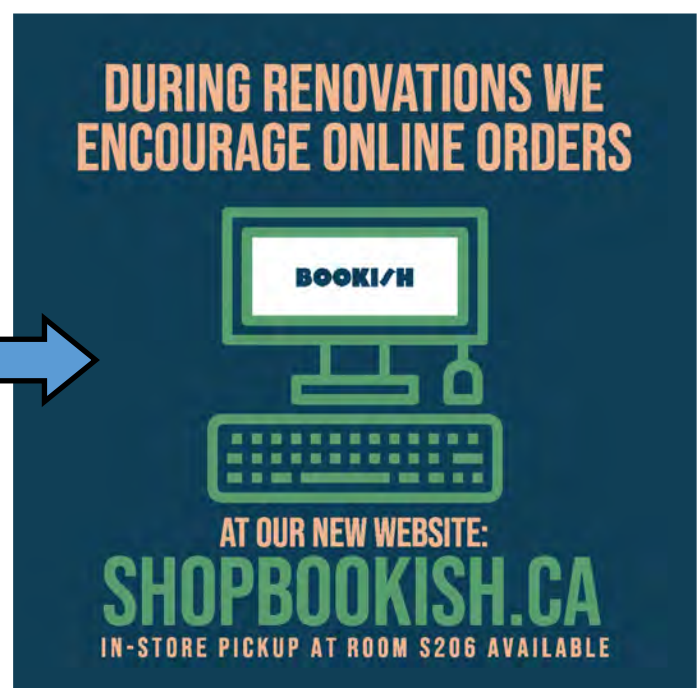
- Interested in Becoming a Fire Fighter?
- Getting Our S\*& Together Workshops
- Mental Health Therapy Group
- New Club's Seeking Members!
  - ⇒ The Pride Association
  - ⇒ Sun's Shadow Club
  - ⇒ Hispanic Association
- CSA Annual General Meeting
- Athletes! Write for the Bolt
- Period Poverty Wants Your Feedback
- Resources & Supports
- Active Shooter Response
- Canada home Share
- Cooking Classes
- Gaming Club
- Yoga On Campus
- NEDIC
- CAU By-Elections
- Peer Support Program
- Become a Tutor
- Consent at CUE Chronicles




**CUE Bookstore UNDER CONSTRUCTION**



Find us in room **S206**



**DURING RENOVATIONS WE ENCOURAGE ONLINE ORDERS**



**BOOKI/H**

AT OUR NEW WEBSITE:  
**SHOPBOOKISH.CA**  
IN-STORE PICKUP AT ROOM S206 AVAILABLE

# EDMONTON FIRE AND RESCUE

## Information Booth

Edmonton Fire and Rescue will be on campus to answer any questions that you may have

Monday, October 3  
10am-2pm  
Tegler Centre

## Information Session

Edmonton Fire and Rescue will be providing an in person presentation to tell you all about their offerings

Monday, October 3  
12pm-1pm  
HA 238

Please sign up for the information session here



ARE YOU  
INTERESTED IN  
BECOMING A  
FIRE  
FIGHTER?



# GETTING OUR S\*%& TOGETHER WORKSHOP SERIES



Student Life and Learning are excited to bring you the Getting Our S\*%& Together Workshop Series. We're focusing on mental health and academics with topics such as Perfectionism, Managing Stress, Handling Failure, and Attention.

All 4 workshops are taking place in the Design Thinking Space, located on the 2nd floor of the Allan Wachowich building.

- Attention: October 6, 10:00 am
- Managing Stress and Overwhelm: October 13, 2:00 pm
- Perfectionism: October 19, 2:00 pm
- Handling Failure: October 27, 2:00 pm

You can scan the QR to register or drop in to any or all of the sessions offered.



# Mental Health Therapy Group



Learn and practice antidotes to anxiety and depression and plant the seeds toward optimal mental health in a group of peers facilitated by counsellors with a group of peers that have similar experiences

## 1st Group Schedule:

- Wednesday, Oct 12 at 11 am in HA-238
- Wednesday, Oct 19 at 11 am in HA-238
- Wednesday, Oct 26 at 11 am in HA-238
- Wednesday, Nov 2 at 11 am in HA-238

## 2nd Group Schedule (Condensed over Reading Week):

- Monday, Nov 7 10-3:00 pm in HA-238
- Tuesday, Nov 8 –10 am-3:00 pm in HA-238

Space is limited, please use the QR code to register



# THE PRIDE ASSOCIATION



IS LOOKING FOR A:  
VICE PRESIDENT,  
SECRETARY,  
AND TREASURER!

If interested, please contact:  
Alyse Sands at  
[asands@student.concordia.ab.ca](mailto:asands@student.concordia.ab.ca)

## Annual General Meeting

TUESDAY, OCTOBER 11TH, 5PM



TEGLER

Learn more about what the CSA has been working on this year and what's to come!  
Ask questions to your General Council and Executive Council.

• [ourcsa.ca](http://ourcsa.ca) •

INTERESTED?

TO APPLY - EMAIL:

[diaskele@student.concordia.ab.ca](mailto:diaskele@student.concordia.ab.ca)



IS LOOKING FOR:

**TRUSTED  
MASTERMIND**

- HELPS TO COORDINATE
- HELPS TO PLAN
- HELPS TO MAKE IT REAL.

**VICE PRESIDENT  
OF FINANCE**

- HELPS TO MANAGE NUMBERS
- HELPS TO BE ON TOP FINANCIALLY.

**ARTISTIC  
KEEPER**

- HELPS TO MANAGE ART
- HELPS TO APPRECIATE ART
- HELPS TO REALIZE ART.

**DIGITAL  
CONTRIBUTOR**

- RULES OVER SOCIAL MEDIA
- HELPS TO DISTRIBUTE ART
- HELPS TO COMMUNICATE.

ART, CREATION, PEACE,  
COMMUNITY

CREATE, DISCUSS, HAVE FUN.

## Hispanic Association: Join our Team

- President
- VP Finance
- VP Marketing
- VP External

Email to book an interview  
[csavpfinance@student.concordia.ab.ca](mailto:csavpfinance@student.concordia.ab.ca)

# WRITE FOR US

**Get  
Published!**

**Get Paid to  
Write!**

## **ATHLETES!**

We are looking for an individual to write about Athletics here at Concordia University of Edmonton.

## **COACHES!**

We are looking for an individual who would be interested in writing a 'Coaches Corner' for each issue!

**THIS IS ALSO AVAILABLE TO ALL ED  
STUDENTS!**

Please email

[bolt.editorinchief@student.concordia.ab.ca](mailto:bolt.editorinchief@student.concordia.ab.ca)



# THE BOLT NEWS

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# *The Period Poverty Project* needs your feedback!

*The Period Poverty Project is being re-named to the Menstruation Equity Project!*

Please go to  
[tinyurl.com/CUEperiodpoverty](https://tinyurl.com/CUEperiodpoverty)  
to fill in our survey!



## RESOURCES & SUPPORTS ON AND OFF CAMPUS

Whether you're a Concordia University of Edmonton student, faculty or staff member, you'll find useful contact information for on and off campus resources in this document.

<https://concordia.ab.ca/wp-content/uploads/2022/09/CUE-Wellness-Supports-Sep-12-2022.pdf?x6516>



# THE RESPONSE DIFFERENCE BETWEEN UNIVERSITY AND K-12

## ACTIVE SHOOTER RESPONSE



Students are encouraged to take the time to learn more about a post-secondaries' approach on how to respond to an active shooter situation at a university level. Universities and colleges have a fundamentally different approach to K-12.

In K-12, you are taught lockdown as your only option, in post-secondary lockdown is one of your options, evacuate and take action are the other two. The three options offer a diversity of action that best meets your need in any situation.

Please watch an [eight-minute video](#) which simulates successful outcomes responding to an active shooter on campus. This information is helpful for any place you might find yourself: an airport, mall, at home, etc.



## ARE YOU A STUDENT LOOKING FOR HOUSING IN EDMONTON?

Canada HomeShare can help!

Canada HomeShare matches students with older adult home providers (55+) in Edmonton. In exchange for affordable rent, students contribute 5-7 hours per week of assistance around the home.

Apply today!

Email: [edmonton@canadahomeshare.com](mailto:edmonton@canadahomeshare.com)

Phone: 1 (800) 786-9773

To learn more,  
visit our website  
or scan the  
QR code:

[www.canadahomeshare.com](http://www.canadahomeshare.com)





Presented by International Student Social Club and Dana Hospitality...

# COOKING CLASSES

Limited Spots Available

October 5th 2022  
6:30 PM  
CAFETERIA

RESERVE NOW

[HTTPS://COOKINGCLASS.GETOPAY.COM](https://cookingclass.getopay.com)



**GAMING CLUB**  
**JOIN OUR TEAM**

Apply now for these positions.

- President
- VP Finance
- VP Marketing
- VP External

Apply for your position now.

Email the CSA VP Finance for an interview slot  
[csavfinance@student.concordia.ab.ca](mailto:csavfinance@student.concordia.ab.ca)

**CAMPUS REC**

**YOGA**

EVERY WEDNESDAY!  
SESSION FROM  
12:15PM-12:50PM  
DESIGN & THINKING  
SPACE AW207

## NEDIC Support

Hello! Thanks for contacting NEDIC.  
How can I help you today?

Hi. I'm losing control of what  
and how much I eat...I don't  
know what to do...

I'm glad that you reached out.  
Would you like to tell me a bit more  
about what's going on?



Concerned that food or exercise dominates your life  
or a loved one's life?

**Then we're concerned too.**

So let's chat.

Visit [www.nedic.ca](http://www.nedic.ca) to access our **anonymous** and  
**confidential** instant chat service.

**nedic**  
National Eating Disorder  
Information Centre

# CAU BY- ELECTIONS

JOIN US  
NOW!

We are looking for...

- VP Finance
- VP Marketing

Apply for your positions by sending  
an email to book an interview...

[csavpfinance@student.concordia.ab.ca](mailto:csavpfinance@student.concordia.ab.ca)





CONCORDIA  
UNIVERSITY  
OF EDMONTON

Wellness PROGRAM

PEER

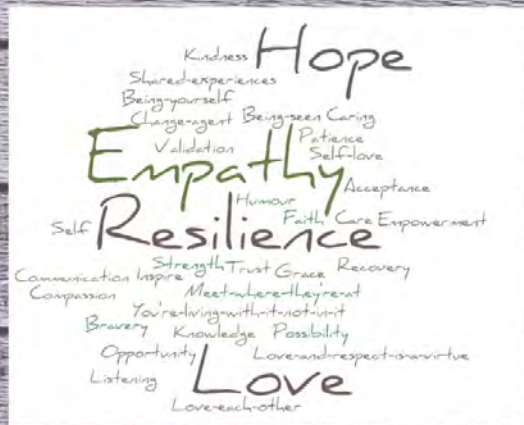
SUPPORT

## What is Peer Support?

- free confidential service
- highly trained student volunteers helping other students
- listening without judgement
- providing students with a confidential and safe space to talk about academic and life challenges with another peer
- offering referrals to campus and community services

## What Peer Support IS NOT

- counselling
- giving advice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12-1 2-3	10-12 2-3	10-11 1-2 3-4	11-12 12-1	12-1 2-3



**Located in the Student Success Centre!**



[tinyurl.com/peersupportcue](https://tinyurl.com/peersupportcue)



[peersupport@concordia.ab.ca](mailto:peersupport@concordia.ab.ca)

# THINKING ABOUT BEING A CUE TUTOR?

Tutoring is a great way to strengthen your content knowledge, build communication, interpersonal, and leadership skills, and develop connections to the CUE community.

## REQUIREMENTS

- Current CUE student in good academic standing
- Minimum B+/2.7 in tutored courses
- Permitted to work on campus

## BENEFITS

- Training and ongoing support
- Flexible schedule
- \$20/hour pay

## HOW TO APPLY

Submit an application form



Ask two instructors (ideally in subject areas you want to tutor) to submit a reference form



Request a transcript, have it mailed to CUE, and add "Learning Services - Student Life and Learning" to one of the address lines



## WHAT IS THIS NEWSLETTER? WHAT DO I NEED TO KNOW?



## Introducing...

### The Consent at CUE Chronicles!

This newsletter will be circulated a few times each semester and contain information about prevention education initiatives at CUE.

In each issue you will find:

- A list of upcoming events on and off-campus that may interest you.
- Links to valuable resources.
- An interview with someone on-campus.
- Some quick learning about an important issue in prevention education.

## Spotlight on Resources

Here are some resources our team is *loving right now*:

- The CUE Wellness [Google Site](#)
- Landed Newcomers [Booklet](#): Relationships and Consent in Canada by the Sexual Assault Centre of Edmonton
- Prevent, Resist, Support [Podcast](#) by the University of Windsor
- Building a Community of Consent [Article](#) by CUE.
- We Believe You [Video](#) by CUE.

## Quick Learning

**Some of the basic things necessary for consent are:**

- Saying yes of our own free will, without feeling pressured, or coerced, without a power imbalance, and not someone else saying it on our behalf.
- Saying yes with a clear-mind, awake and alert enough to make informed decisions for ourselves.
- Saying yes to something specific, in this moment.
- Saying yes, but being able and willing to say no if we change our mind in a few minutes or even seconds later.

## Upcoming Events

Check out these upcoming events:

- Pop a Myth Monday, from 2:30-3:00pm in Tegler most Mondays.
- Understanding Consent Culture by the Anti-Violence Project, a 2-hour [online workshop](#) hosted monthly.
- Applied Suicide Intervention Skills Training (ASIST), from 8:30am-4:30pm on November 8th and 9th on-campus. Register [here!](#)



## OCTOBER INTERVIEW

*William Logan  
Manager, Housing and Prevention Education*

**What is your role on-campus related to consent and violence?**

I provide education to the full CUE community about consent and other topics with the goal of preventing sexualized/gender-based violence

**What do you wish more people know about consent?**

We all have the skills to talk about consent and it doesn't make life harder, it makes it easier. If you ask me to go for pizza and you take me to a salad-based restaurant, I will be upset because that isn't what I signed up to do. Fair enough right? The same goes for sex!

**Do you think a campus free of gender-based violence is possible?**

Absolutely! If we all work together to change our own behaviours as we learn more and hold each other accountable!

**How can people contact you? What things would they contact you about?**

Anyone on-campus looking to learn more about consent and gender-based violence should reach out! I can answer questions for individuals or small groups, facilitate workshops, and short classroom visits.

My email is at the bottom of this newsletter!

CHECK OUT COURAGE TO ACT'S [GLOSSARY](#) OF KEY TERMS

HAVE QUESTIONS ABOUT CONSENT? GET IN TOUCH: [WILLIAM.LOGAN@CONCORDIA.AB.CA](mailto:WILLIAM.LOGAN@CONCORDIA.AB.CA)