

COUNSELLING SERVICES INFO SESSIONS

Have you wondered if counselling is right for you? Not feeling ready? That's okay, CUE Counselling Services has more to offer than one-on-one counselling. Come to the info session to learn more about how you can take care of your mental health and what counselling services have to offer. If you want to attend any of the workshops, please [RSVP HERE](#).

Session Dates

- Mon. October 24, 11-12 pm
- Mon. October 31, 11-12 pm

All sessions will be held in HA238, and there will be snacks!

INSIDE THIS EDITION:

- Diwali-Oct 24
- Open Access 5 Day Challenge
- CMU Faculty mixer
- Soup & Bannock-Oct. 26
- Christmas Bureau of Edmonton
- Noise Cancelling Headphones
- Cheers to You, Author-Nov. 4
- CUE Clinical Psych Services
- Halloween at McGrath
- Study Abroad-Winter 2023
- Supper Club-Oct. 26
- Let's Talk Sex & Drugs Workshop
- Drama Presentation-Chrysothemis
- We Can Food Baskets
- Machine Learning for Business
- Women's Self Defense
- ASIST Training
- Fit buddy Program
- Mental Health First Aid Training
- Peer Support
- Mental Health Therapy Group

GETTING OUR S*%& TOGETHER
WORKSHOP SERIES

HANDLING FAILURE
October 27, 2:00 pm

Register at cuedmonton.com/stressedout

Design Thinking Space, located on the 2nd floor of the Allan Wachowich building

The graphic features two stylized human figures. The figure on the left is wearing a teal top and black pants, with a tangled orange scribble for a head. The figure on the right is wearing a blue suit and has a tangled black scribble for a head. A QR code is located in the bottom right corner of the graphic.

HALLOWEEN VOLUNTEERS WANTED

CUE's Magrath campus will be decorated for Halloween and the community will have the opportunity to walk through the grounds on Saturday, October 29 from 5-9pm and we will be handing out candy (trick or treating) on Monday, October 31 from 5-9pm.

Volunteers are needed for delivering flyers, decorating, greeting people and handing out candy for this event:

- Delivering flyers in the neighbourhood (October 19-27 - anytime)
- Decorating Magrath campus (October 26-28 - 5:00-7:00pm - times may vary)
- Decorating Magrath campus day #1 of event (October 29 1:00-4:00pm)
- Welcoming and directing guests day #1 of event (October 29 4:00-9:30pm)
- Welcoming and handing out candy day #2 of event (October 31 4:00-9:30pm)
- Dress up in costume as part of display on Day #1 of event (October 29 4:30-9:30pm)

All events are outdoors.

Volunteers will be asked to 'dress up' in a costume for the day of events (October 29 and 31).

Volunteers can sign up using this [google form](#).



DIWALI

OCT. DAY 24TH

MAJOR FESTIVAL IN HINDUISM, JANISM, & SIKHISM
MEANS "ROW OF LIGHTS"
SYMBOLIZES THE VICTORY OF
LIGHT OVER DARKNESS

DANCE!

SINGING!



SAMOSAS &
ALOO TIKKI
FOOD
AVAILABLE

FREE
INFUSED
WATER!

PERFORMANCE!

MONDAY, OCTOBER 24TH, 2022
@ TEGLIER STUDENT CENTRE



CONCORDIA
UNIVERSITY
OF EDMONTON

BROUGHT TO YOU BY:
THE CSA & INTERNATIONAL OFFICE

OPEN ACCESS WEEK 5-DAY CHALLENGE

FIND DAILY CHALLENGES ON:

- Inside CUE
- www.concordia.ab.ca/library
- www.cuelibrary.blog

OCTOBER 24 - 28, 2022

ENTER TO WIN A \$50
GIFT CERTIFICATE!



ALL CUE FACULTY, STAFF, &
STUDENTS ARE ELIGIBLE TO WIN.



Scan Me!



DEFINE POTENTIAL!



- It is You.
Passionate You.

Questions?
Compliments?
Comments?

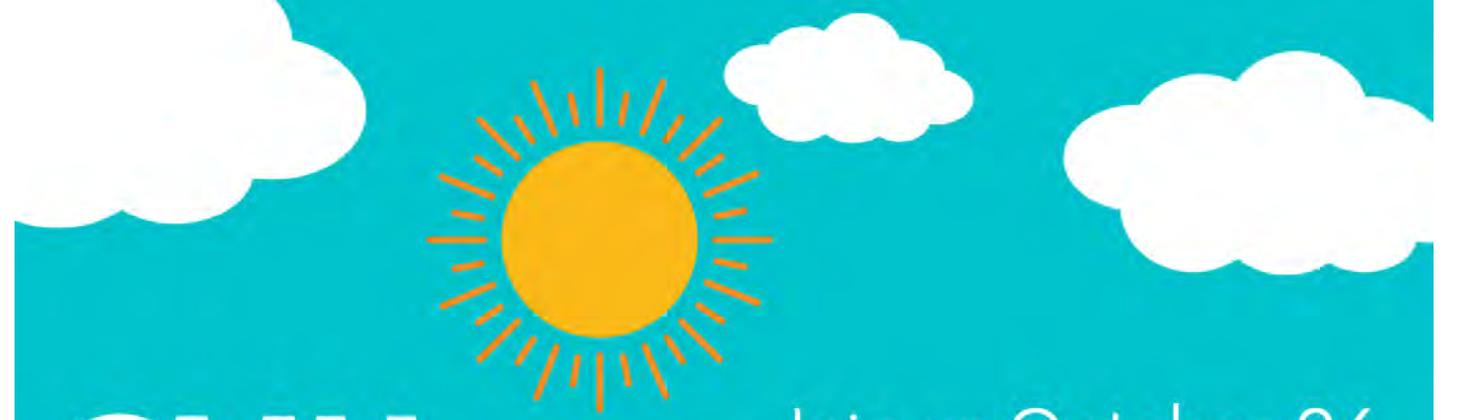
[wellness@
concordia.ab.ca](mailto:wellness@concordia.ab.ca)

Join Us for a Dose of Motivation!

17th of October:
Passion Impact

1 - 1:50 PM
Room: HA010

31st of October:
Self Impact



CMU FACULTY MIXER

Join us October 26,
2022 from 11AM –
1PM in HA301 for
FREE food & to
meet your Faculty!



ALL STUDENTS/ FACULTY
WELCOME!



Soup & Bannock



Wednesday, October 26th
11am-1pm in IKRC (AW124)

EVERYONE IS WELCOME!

WHAT IS THE



CHRISTMAS BUREAU OF EDMONTON ?

Since 1940, we've aimed to provide a festive meal and coordination of Christmas giving to Edmontonians in need.

We need general volunteers in our events all year round. Sign up now!

Scan the QR code to join the volunteer list! Come meet new people and make a difference in the community!



Noise-Cancelling Headphones

CUE Wellness & CUE Library have partnered together to provide more resources for campus mental health.



Borrow a pair of noise-cancelling headphones from the Library Service Desk.

Headphones can be borrowed for 4 hours at a time.

This mental health initiative is brought to you by CUE Wellness & CUE Library.

CHEERS TO YOU

NO GLYPH

It's not about me
it's about you♥

CHEERS TO YOU!

On your path to healing you can go at whatever pace you see fit... give yourself time, show yourself mercy and don't forget to breathe.

CHEERS TO YOU!

Priscilla Opatore



BOOK
PROMOTION:
NOVEMBER
4TH 2022

LOCATION: TEGLER



CUE CLINICAL PSYCHOLOGICAL SERVICES (CIMLC)

NOW BOOKING COUNSELLING APPOINTMENTS

The Center for Inspired Minds, Lives, & Communities: CUE Clinical Psychological Services (CIMLC) is a training facility for students in the Doctor of Psychology (PsyD) in Clinical Psychology program at Concordia University of Edmonton (CUE).

As part of their program of study, clinical trainees provide the following professional psychological services to the community: assessments, interventions (including counselling), and research.

Common issues addressed by our clinical trainees include (but are not limited to): depression, anxiety, grief and bereavement, trauma, sleep and other health concerns, relationship and family issues, school problems, parenting difficulties, and significant life transitions.

Services Available	At this time, clinical trainees are providing 1.5 hour workshops and treatment services (1:1, couples, and families) at no-cost.
Requesting Services	To request services, please visit https://portal.owlpractice.ca/cue or email cimlc@concordia.ab.ca . <i>Please note that at this time, we can only accept clients with appointments (no walk-ins).</i>
Location	Find us on the 2nd floor overlooking the river valley (south-east end) in the Allan Wachowich Centre for Science, Research, & Innovation at Concordia university of Edmonton (Sliding glass doors)
Hours	Wednesdays 12 -7 Thursdays 9 – 5 Fridays 9 – 4
Inquiries	If you have questions, please connect with Dr. Deena Martin, Clinic Manager (Deena.martin@concordia.ab.ca) or Selina Verkland, Lead Client Contact (cimlc@concordia.ab.ca)

To book an appointment scan the QR Code





Halloween at Magrath

MAGRATH CAMPUS
6240 Ada Boulevard

WALKTHROUGH THE GROUNDS
Saturday, October 29 - 5:00-9:00pm

TRICK OR TREATING
Monday, October 31 - 5:00-9:00pm

ALL EVENTS ARE OUTDOORS



Study in

Poland



Study Abroad

Winter 2023

Erasmus+ Opportunity University of Szczecin

Erasmus+ is a scholarship program that provides funds for living and travel expenses.

This opportunity is for Winter 2023.

Interested students should inquire by contact the International Office at international@concordia.ab.ca





CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness

Supper Club

Socialize
Taste
Enjoy

Taste of Shangri-la

Oct 26 at 6:00pm



Registration

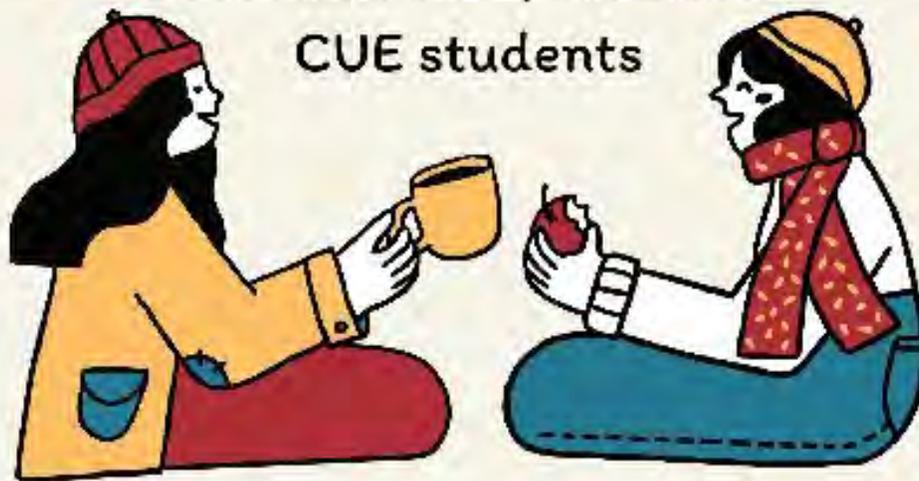
tinyurl.com/CUESupperclub

Register @

LET'S TALK: SEX & DRUGS



Cost-free + in-person for
CUE students



An open conversation on
things that stimulate the brain

October 26, 2022: 4:15 - 5:45 pm

OR

October 27, 2022: 11:00 - 12:30 pm

2nd Floor in Allan Wachowich



CHRYSOTHEMIS

BY MEG BRAEM

DIRECTED BY PATRICIA DARBASIE

The Al and Trish Huehn Theatre
on the Concordia Campus.

Friday, **OCTOBER 28** at 7:30pm

Saturday, **OCTOBER 29** at 7:30pm

Sunday, **OCTOBER 30** at 2:00pm

Friday, **NOVEMBER 4** at 7:30pm

Saturday, **NOVEMBER 5** at 7:30pm

Sunday, **NOVEMBER 6** at 2:00pm

ADULT \$20

SENIOR (55+) \$15

STUDENT \$15

FAMILY (up to 5 people) \$45



Tickets available at
TIX on the square

For more information visit
concordia.ab.ca/drama-productions





WECAN
Food Basket
Society



The WECAN Food Basket Society operates as a 'warehouse without walls' – we buy all of our food in bulk and distribute to our community-based depots. You enjoy access to purchase fresh and nutritious food at an affordable price.

Orders will be available
in Tegner
@ 2:00 pm on pickup
days

Payments are
CASH ONLY.

Pickup Dates for 2022:
(3rd Thursday of the month)
November 17
December 15

For more information or to place an order, please email
cuecupboard@concordia.ab.ca

PRODUCE BASKET

Includes 3 types of fruit, 3 types of
vegetables
\$15

MEAT BASKET

Includes 2-3 types of fresh/frozen
meats, with a 'no pork' option
\$20

Purchase both
for \$35



Machine Learning (ML) for Business Strategy – ML Canvas

Rapidly Discover the Viability of a ML Strategy for your Sector

Machine learning is making a significant impact on the productivity and competitive edge of organizations. Driving market forces now and in the future are products and processes that are faster, smarter, and more personalized. If your business isn't harnessing the power of artificial intelligence (AI) and machine learning (ML) to make strategic data-driven decisions, now is the time to consider implementing a ML business strategy.

Building business plans, however, takes time and resources. That's where Concordia University of Edmonton's (CUE) newest microcredential course - ML Canvas - comes in. Over the course of 21 hours, you will develop a one-page business model canvas that will help you ideate, describe, evaluate, and discuss the need for ML and AI in your business or sector before launching a comprehensive business plan.

Pair ML Canvas with Business Mapping, also offered this Fall, and feel confident applying insightful, cutting-edge and dynamic learnings into your careers and making big impacts in your organizations.



Instructor: Rhys Chouinard

Director of Data Science at ATB Financial

Course Schedule:

Wednesdays 6:00 p.m. - 8:00 p.m.
October 19 - November 23, 2022

Delivery:

Online - Hybrid 1.5 hours Synchronous
+ 1.5 hours Asynchronous Modules per week

This Project was made possible by funding from the Government of Alberta. For external continuing education students, the course fee for the Fall 2022 semester is \$300+gst. The first course offering is available at no cost to the CUE community - full time employees, faculty, students, and alums, please contact extension@concordia.ab.ca for information on how to enrol for free.

Sectors that will Benefit from this Course



Agriculture



Energy



Healthcare



Manufacturing



Government



Private



REGISTER AT
cuedmonton.com/ML

QUESTIONS? CONTACT US AT
extension@concordia.ab.ca

CUE SELF DEFENCE, KAMIKAZE GYM,
AND CUE PEER WELLNESS & SUPPORT

WOMEN'S SELF DEFENCE SEMINAR

At Kamikaze Punishment Foundation Gym

“BE AN OPPONENT,
NOT A VICTIM”

NOVEMBER 6,
2022, 6PM

6740 121 AVE NW, EDMONTON, AB T5B 0Y6

LIMITED SPOTS FOR 25 PARTICIPANTS

TO BOOK YOUR SPOT, CONTACT CONCORDIA SELF DEFENCE
CLUB ON INSTAGRAM, FACEBOOK, OR EMAIL AT
MA CLUB@STUDENT.CONCORDIA.AB.CA



WWW.KPFIT.CLUB

Self Defense Tactics Workshop

A graphic for "PEER WELLNESS & SUPPORT" featuring a central text block surrounded by various wellness-related terms. The text includes: social wellness, mental wellness, lifestyle, friendship, drug awareness, courage, PEER, food & nutrition, brave, grow, healthy, WELLNESS, active living, personal care, support, tips, & SUPPORT, balance, alcohol awareness, physical activity, learn, strength, peer support, and take talk. To the right is a circular icon of a person in a dynamic pose, possibly a martial artist or dancer.

FREE FOR CUE STUDENTS, FACULTY, &
STAFF (EQUIPMENT PROVIDED)



Kickboxing - Boxing - Muay Thai - Krav Maga -
Taekwando - Catch Wrestling

Every Wednesday

4:30pm-6:00pm in HA 009

Email: maclub@student.concordia.ab.ca / follow us!

@Concordiaselfdefence





ASIST

Applied Suicide Intervention Skills Training

Suicide first-aid. A two-day, skills-based workshop for intervening with a person at risk of suicide.

Learning objectives:

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide

Nov 8 & 9, 2022

8:30am-4:30pm

Open to CUE students and employees

Location: Design Thinking Space – AW207

Cost: FREE (\$275 value!)

Hosted by: CUE Wellness

Registration link:

[Tinyurl.com/ASISTCUE](https://tinyurl.com/ASISTCUE)



centre for
suicide prevention

Centre for Suicide Prevention
T 403 245 3900
csp@suicideinfo.ca

suicideinfo.ca
@cspyyc

FIT BUDDY PROGRAM



NEW TO THE GYM?

SCAN TO SIGN UP!

LOOKING FOR AN ACCOUNTABILITY PARTNER?

PARTICIPANTS

Register as a participant to be paired with a volunteer to learn how to properly use equipment, and help keep each other motivated and accountable.

DON'T KNOW WHERE TO START?

SCAN TO SIGN UP!

VOLUNTEERS



Register as a volunteer if you are someone who is knowledgeable in fitness and wants to get involved.



ACTIVE LIVING



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.

*If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.*

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

Register now to become a Mental Health First Aider:

COURSE NAME: Mental Health First Aid Standard (Virtual)

DESCRIPTION: Participants will learn how to recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis, and encourage that person to seek supports.

DATE AND TIMES: Monday, November 7, 2022; 9:00am-4:00pm plus a 2-hour self-directed module

VENUE AND ADDRESS: This virtual course is sponsored by CUE Wellness and is open to students and employees.

COST: FREE (\$250 value!)

TO REGISTER, CONTACT: Registration closes November 1st: tinyurl.com/MHFACUE

What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.

PEER SUPPORT PROGRAM

What is Peer Support?

- Free confidential service
- Highly trained student volunteers helping other students
- Listening without judgment
- Offering referrals to campus and community services
- Providing students with a confidential and safe space to talk about academic and life challenges with other peers

What Peer Support is NOT

- Counselling
- Giving advice

Fall Semester Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12pm -1pm 2pm-3pm</p>	<p>10am -12pm 2pm-3pm</p>	<p>10am-11am 1pm -2pm 3pm-4pm</p>	<p>11am-12pm 12 pm - 1pm</p>	<p>12pm -1pm 2pm-3pm</p>

LOCATED in the Student Success Centre

Questions? Peersupport@concordia.ab.ca

tinyurl.com/peersupportcue



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

