



CONCORDIA UNIVERSITY OF EDMONTON | Wellness

NEW Peer Support Drop-In Hours for Winter Term 2023

Monday	Tuesday	Wednesday	Thursday	Friday
10-11am 2-4pm	12-2pm	10-11am 1-2pm	12-1pm 1-2pm	12-1pm 1-2pm

Located in the Student Success Centre

INSIDE THIS EDITION:

- Parking Information
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- Mackenzie King Scholarship Information

Virtual Workshop



BUILDING HEALTHY LIFE STRATEGIES

DEVELOPING YOUR OWN PLAN *Student Edition*

THIS 2.5HR VIRTUAL WORKSHOP IS GEARED TOWARDS DEVELOPING AND BUILDING YOUR OWN RESILIENCE PLAN. IT IS FREE AND OPEN TO ALL CUE STUDENTS.

Tuesday January 17, 2023
5:30pm-8:00pm

To Register:
tinyurl.com/studentBHLS



CONCORDIA UNIVERSITY OF EDMONTON | Wellness
Workplace Strategies for Mental Health



PARKING INFORMATION

Main Parking Lot

Due to the major construction happening on the WEST side of campus, the parking in the main lot is limited for the next academic year. Precise Parklink will only be selling hourly parking thru the existing pay terminals. These pay terminals are located at:

1. Ralph King Athletics Center,
2. Inside the main entrance of HAC, and,
3. Inside the breezeway near the library.

Z Pass Parking- Expo Center parking lot (north side of 112 Ave)

Long-term parking passes for the Expo Center parking (north side of 112 Ave) will be available for purchase [online](#) or at the Bookstore. There are a limited number of passes and are first-come-first-served.

The passes are sold on a first-come-first-served basis. For students wishing to purchase passes [online](#), please go to Online Services Student > Resources (drop-down menu) > Parking Pass. Once you click on Parking Pass, the page will direct you and you will need to follow the onscreen instructions. The contract must be filled out and there is an option of adding two no. plates.

Once you have ordered your pass online, you will then need to visit the Bookstore during business hours (9 am to 3 pm, closed on weekends and holidays) to collect your parking pass. Please remember to bring your Student ID card and a copy of the contract (digitally or printed) otherwise we will not be able to release the pass to you.

- Students who live, or have applied to live in residence, should let the Residence Coordinator know they require a parking pass as soon as possible.
- Students with documented *mobility disabilities* can email learningaccommodations@concordia.ab.ca with questions about parking.

Open Auditions

For the CUE Winter 2023 Mainstage Production of

Everyman

A Medieval Morality adapted by Carol Ann Duffy

Directed by Caroline Howarth



Auditions

In the Al & Trish Huehn Theatre

Friday, January 13 – 4:00 to 7:00 PM

Monday, January 16 – 5:00 to 7:00 PM

Callbacks – Wednesday, January 18 – 3:30 to 6:00 PM

You will audition in groups, reading from assigned sides or monologues.

You don't need anything prepared but do read the play. The script is available in the Drama Online Database held by the CUE library, selected scenes for the audition will be posted in the Greenroom.

Please sign up for a session on the Call Board outside the Theatre Greenroom.



Rehearsal Times – TBC January 20 to March 4 - MWF 4:00 - 8:00 PM, Saturdays 10:00 to 6:00 PM

Technical Rehearsals, March 5 to 9 – expect rehearsals every day

Performances: Thursday March 9 at 7:00, Friday, March 10 at 7:30, Saturday, March 11 at 7:30, Sunday, March 12 at 2:00, Friday, March 17 at 7:30, Saturday, March 18 at 7:30 Sunday, March 19 at 2:00

For more information, or if you are not able to attend the auditions, please email Caroline Howarth at caroline.howarth@concordia.ab.ca or visit her in A201 – A to arrange an alternate time

*"Carol Ann Duffy's *Everyman* is like the medieval play on steroids."*

Priyasha Mukhopadhyay, Oxford University



It is time
to check your
enrolment options
for the **Student Health
& Dental Plan.***

Visit

mystudentplan.ca

for more details!

*Deadline **Jan. 20th**





safeTALK

Suicide Alertness for Everyone

A half-day workshop to learn the signs and how to get help for someone at risk of suicide.

Learning objectives:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to suicide first aid intervention caregivers

Register:

tinyurl.com/safeTALKforCUE

Jan 23, 2023

1:00-4:30pm

Location: AW207

Cost: FREE!

Contact: wellness@concordia.ab.ca

This workshop is open to all CUE students and employees.

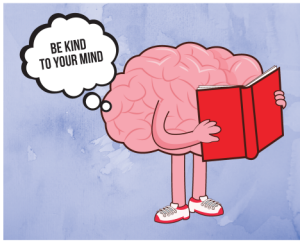


centre for
suicide prevention

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

suicideinfo.ca
[@cspyyc](https://twitter.com/cspyyc)

SafeTalk - tinyurl.com/safeTALKforCUE



MAKE SOME NOISE FOR MENTAL HEALTH

JANUARY
13-26, 2023

<p>FRI JAN 13</p> <p>6PM Women's Volleyball: Thunder vs. Red Deer Polytechnic <i>Ralph King Athletic Centre</i></p> <p>8PM Men's Volleyball: Thunder vs. Red Deer Polytechnic <i>Ralph King Athletic Centre</i></p>	<p>SAT JAN 14</p> <p>6PM Women's Basketball: Thunder vs. Augustana <i>Ralph King Athletic Centre</i></p> <p>8PM Men's Basketball: Thunder vs. Augustana <i>Ralph King Athletic Centre</i></p>	<p>TUE JAN 17</p> <p>5:30-8:00PM Building Healthy Lifestyle Strategies Workshop <i>Register at: tinyurl.com/STUDENTBHLS</i></p> <p>WED JAN 18</p> <p>12-12:50PM YOGA <i>Design Thinking Space (AW207)</i></p>
<p>MON JAN 23</p> <p>1-4:30PM safeTALK Workshop</p> <p><i>Register at: tinyurl.com/safeTALKforCUE</i></p>	<p>WED JAN 25</p> <p>12-12:50PM YOGA <i>Design Thinking Space (AW207)</i></p> <p>11AM- 1PM Bell Let's Talk Day <i>Tegler</i></p>	<p>THU JAN 26</p> <p>2-3:30PM Cannabis Café Workshop</p> <p><i>Register at: tinyurl.com/CUECannabisCafe</i></p>



Share a phone plan with family

Eat meat-free one day a week

- *Be focused on your goal
- *Don't take unnecessary stress
- *Be happy in every situation

Stay single

Think before you spend – DO YOU REALLY NEED what you are going to spend your money on, or is it just a WANT?

Buy used textbooks

Save 10% of your paycheck and put it into a savings account

If you enjoy movies, but dread the price, go to a matinee instead of one in the evening

Make lunch at home

Recycle/buy used

Don't panic buy – shop responsibly!

Share grocery buying with friends

MONEY SAVING TIPS from your fellow students.....

Set a budget and stick to it like glue!

Buy bulk and freeze extra meal portions

Give your money to your mom

One-time Top Up

CANADA HOUSING BENEFIT

**\$500 TAX FREE PAYMENT
FOR LOW INCOME RENTERS**

YOU MAY BE ELIGIBLE!

**APPLICATIONS OPEN DECEMBER 12, 2022
ON THE OFFICIAL GOVERNMENT OF CANADA WEBSITE
CHECK YOUR ELIGIBILITY AND LEARN MORE AT:
CANADA.CA**

New January Starts Students ONLY

CSA Health & Dental Plan – must have comparable alternative coverage to opt-out. (Alberta Health care is not comparable alternative coverage)

mylegalplan.ca

myvirtualdoctor.ca

The mylegalplan, myVirtualdoctor and the CSA Health and Dental Plan are separate services; all three programs have independent websites and opt-out forms and need to be opted out of separately.

DEADLINE

New January Starts Students ONLY
January 20, 2023

CSA Health and Dental - Opt-Out & Enroll & Family add-on

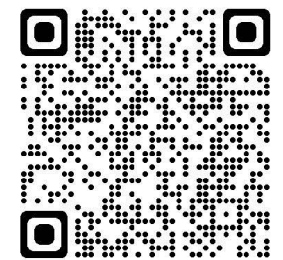


Opt-Out/In & Family add-on



myVirtualdoctor

(Student must opt out every year, does not carry forward)



myLegalPlan

(Student must opt out every year, does not carry forward)

Cheryl Johnson
Student Services Coordinator
CSA Benefits Plan Office
1-877-746-5566 ext. 7239

concordiaplan@mystudentplan.ca



Are you a 4th year undergraduate student interested in pursuing graduate studies?

Two classes of Mackenzie King Scholarship are available to graduates of Canadian universities. Both are to support graduate study. The awards are based on high academic achievements (typically all A's or very nearly so), personal qualities, and demonstrated aptitudes. Consideration will also be given to the applicant's proposed program of study.

The Mackenzie King Open Scholarship (Value: \$8,500)

Open to graduates of any Canadian university who engage in (commence or continue) graduate study (master's or doctoral) in any field, in Canada or elsewhere. One Open Scholarship is awarded each year.

The Mackenzie King Travelling Scholarship (Value: Four scholarships of \$10,500)

Open to graduates of any Canadian university who engage in (commence or continue) postgraduate study (master's or doctoral) in the United States or the United Kingdom, of international relations or industrial relations (including the international or industrial relations aspects of law, history, politics and economics).

Submit your application documents to finaid@concordia.ab.ca by FEBRUARY 1st, 2023

You may apply for both scholarships with a single application if the eligibility criteria are met for both.

Concordia hosts an internal competition and recommends one or more candidates to the Mackenzie King Board of Scholarship Trustees.

Visit concordia.ab.ca/finaid for more information and to apply.

Questions? Email: finaid@concordia.ab.ca