

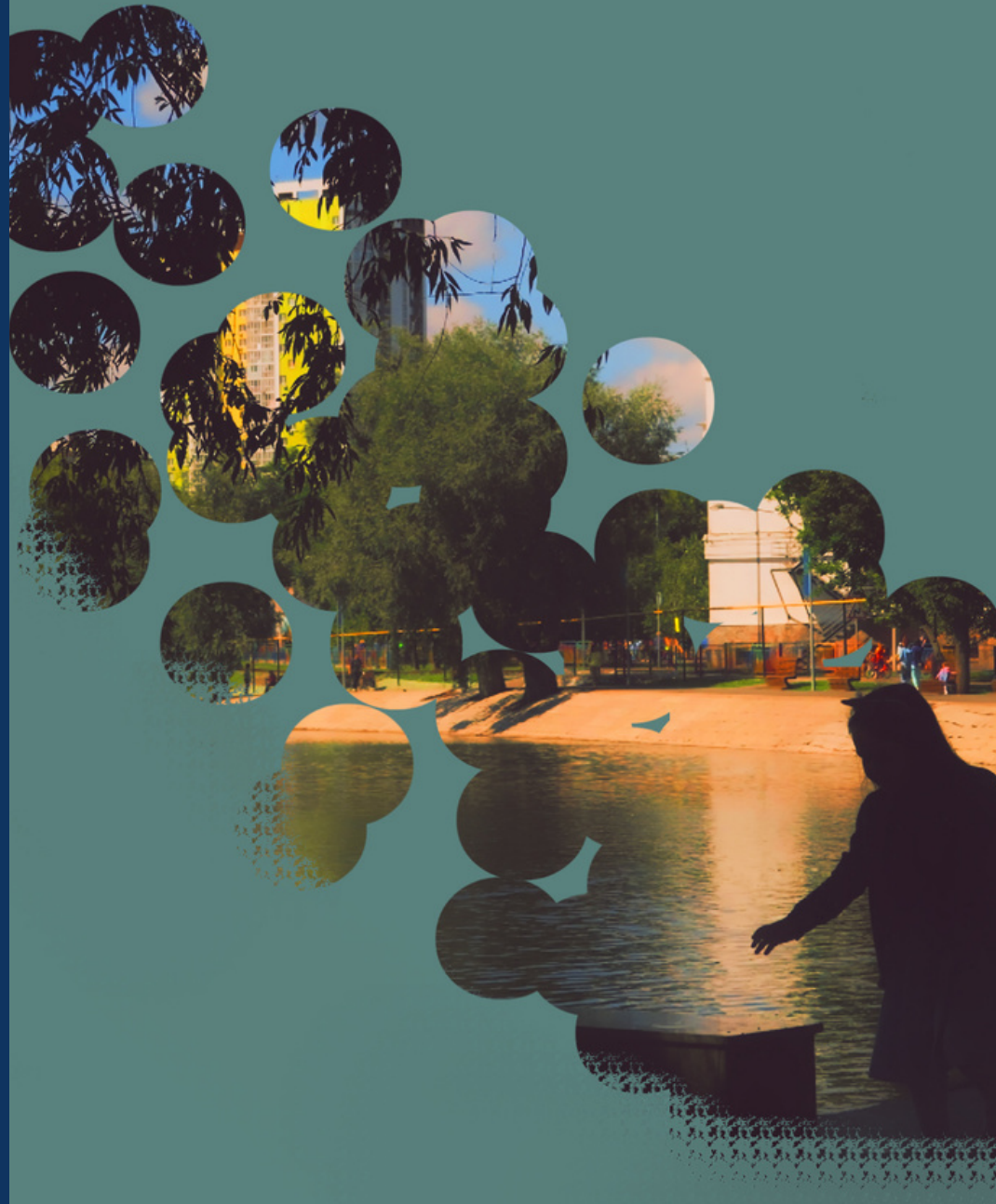
Concordia and Edmonton
Resources and Activities

COPING IN CANADA

BY INTERNATIONAL OFFICE AND PEER WELLNESS

SAFELY NAVIGATING EDMONTON

LET'S EXPLORE SAFETY ON
AND OFF CAMPUS!





ON CAMPUS SAFETY:

- Familiarize yourself with the campus and nearby neighbourhoods (look at a map or venture around with a friend)
- Campus Security operates 24/7 and provides safe escorts (bus stops, vehicles, around campus)

Campus Security: 780-479-8761 or 5555 from a campus phone

OFF CAMPUS SAFETY:

1. In the event of any emergency, call 911!
2. **Get to know your new city** - familiarize yourself with your neighborhood, walking and bus routes to regularly traveled destinations as well as landmarks you plan on visiting. Make sure to cross the street at designated crosswalks. Jaywalking can be dangerous! Also, research areas you might want to avoid (refer to EPS crime map)
3. **Travel Smart** – plan your route, walk briskly, and stay alert. If possible, travel with a friend otherwise get in the habit of letting someone know where you're going, which route you plan on taking and when you're expected to be back. Avoid deserted and poorly lit streets. Consider purchasing a whistle or noise-making device to alert others nearby in the event of an emergency
(always call 911 first!)

OFF CAMPUS SAFETY:

4. Consider a safety app

5. Take a self-defense class (Concordia Self-Defense Club)

6. Practice harm reduction – moderate the consumption of alcohol or drink in the presence of someone you trust. Alcohol clouds your ability to make good decisions and impairs your alertness and reaction time.

7. Safety in bars – the majority of bars have their own security however it is still important to be vigilant. Never go to a bar alone and always keep an eye on your drink or keep it covered. Always practice harm reduction!

8. Noise - The community bylaw states that noise is only allowed between 7 am-10 pm every day. Outside of those hours people have a right not to be disturbed by noise.

CAMPUS SUPPORT

There is no shame in asking
for support! Reach out.



COUNSELLING

Why is it a great source for support?

- Counselling Services are free to CUE students.
- You can get help with your mental health, academic and other personal concerns.
- It's confidential and a safe environment for you.
- Walk-in/Emergency sessions are available.



PEER SUPPORT

What is it?

- An initiative that seeks to strengthen a community of support amongst students on our campus!
- A place, where highly trained student volunteers help, listening without judgement
- A confidential and safe space to talk with a peer who can offer referrals to campus and community services.

PEER SUPPORT Wellness PROGRAM

What Peer Support IS NOT

- counselling
- giving advice



NEED SUPPORT?

[CUE Wellness Resources are here!](#)

1. CUE Website
2. Quick Links
3. CUE Wellness
4. Access CUE Wellness Resources
5. Campus Wellness Resources

Campus Wellness Resources



CUE Resources & Supports

Whether you're a Concordia University of Edmonton student or employee, you'll find useful contact information for ON and OFF campus resources in this document.

Click [here](#) to access!

Looking for a walk-in clinic? CUE does not have a medical clinic on campus. Click [here](#) to find local clinics and current wait times.

HOW DO I FIND OUT WHAT'S HAPPENING AT CUE?



Follow us on Instagram:

[@CUEPeerWellnessSupport](https://www.instagram.com/CUEPeerWellnessSupport)



CUE Wellness

[https://sites.google.com/concordia.ab
.ca/cue-wellness](https://sites.google.com/concordia.ab.ca/cue-wellness)



CUE Weekly Newsletter

emailed to you each Monday

HAVING FUN AT CUE!



Peer Wellness will share about:

Mental Health

CUE tips

Social Life

Events

And More!

August 31st, HA207
12:30, 1:00, 1:30 PM



CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness

SPEED FRIENDING AT CUE!

The poster features a large yellow gear graphic on the left side. At the top right, there is a red megaphone icon. The main title 'SPEED FRIENDING AT CUE' is prominently displayed in the center. Below the title, the date and time are listed in a yellow arrow-shaped box. A QR code is positioned to the right of the date and time, with a hand icon pointing to it. The registration URL is provided below the QR code. At the bottom left, there is a welcome message. The bottom right corner includes the logos for Concordia University of Edmonton and Aurora Connects.

**SPEED FRIENDING
AT CUE**

Sep 7, 2023
4:00-5:30PM
Tegler

Register at:
tinyurl.com/FriendsatCUE

All students welcome
Free ice cream sundaes!

Hosted by:

CONCORDIA UNIVERSITY OF EDMONTON | Wellness

AURORA CONNECTS

Free ice cream sundaes for participants! This event is **FREE** and **open** to all CUE students.

Find more details and register at:
tinyurl.com/FriendsatCUE

*September 7th, Tegler
4:00-5:30 PM*

 CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness

FOR STUDENTS. FOR YOU.

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.



Visit our LED light therapy station on the main floor of the library.

Or borrow one at the library service desk!



Week 1



Week 4

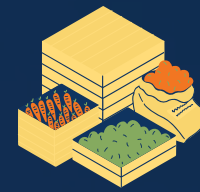
WHERE TO BUY GROCERIES?

save on foods

Closest grocery store to campus is
1.5km (Save-on-Foods on 112 Ave)



Other stores can be better on a budget and have everything (food and other household items - Walmart, Superstore) and some only sell food (No Frills)



Cheaper fresh fruit and vegetables can be found at [H&W Produce](#) (5 locations in Edmonton)



[WECAN](#) is a monthly food basket you can purchase at a discount price (25 pick-up locations around Edmonton)



[Missing food from home?](#) Check Taste of Home for reasonable prices and ingredients from home!



THINGS TO DO IN EDMONTON

Some activities are free, while other ones are low-cost.

Stay within your budget!

EDMONTON IN THE FALL

- Explore the colorful river valley with bikes, scooters or a nice walk!
- Visit Elk Island National Park
- Attempt the Corn Maze!: <https://www.edmontoncornmaze.ca/>
- Explore haunted houses and trick or treat on Halloween



DIFFERENT ACTIVITIES TO DO OUTSIDE

WINTER IS COMING!



Festivals & Outdoor Events



Tobogganing



Build a Snowman



Skiing or Snowboarding



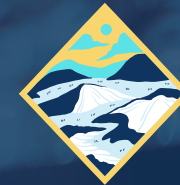
Cross Country Skiing



Ice-Skating



Snowshoeing



Walking in Parks & River Valley

PREPARING FOR THE OUTDOORS

WINTER WILL BE HERE!

Most Canadians are skilled in knowing which items of winter clothing to wear and how many layers to wear for different temperatures and conditions.



Check the forecast and temperature before leaving your home
(WeatherNetwork, Environment Canada)

Determine how long you plan on being outdoors



Consider your experience with cold temperatures (Canadians are better adapted and acclimated to the cold)



Determine what you have and what you need for clothing



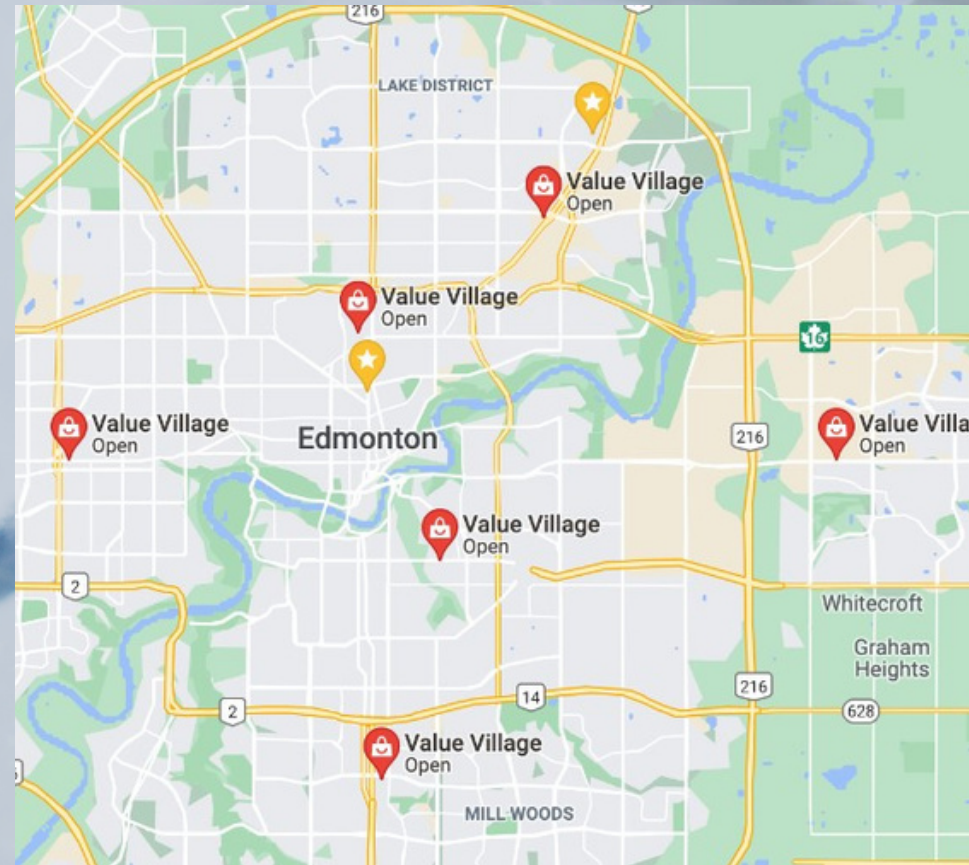
DISCOUNTED WINTER CLOTHES

Value Village Locations

- 11850 103 St NW
- 13530 Fort Rd NW
- 8930 82 Ave NW
- 204 Mayfield Common NW
- 10127 34 Ave NW

Goodwill Locations

- 600 Manning Crossing NW
- 10110 82 Ave NW #205
- 18715 Stony Plain Rd



EDMONTON FESTIVALS

Kaleido Family Arts Festival

Sept 15 to Sept 17

Kaleido Family Arts Festival is a joyous, exuberant, radically open arts festival that shares the love of the Alberta Avenue Arts District. Kaleido welcomes arts and cultural experiences with multi-arts collaborative performances such as music, dance, theatre, film, literary and visual arts with performances on rooftops, sides of buildings, back alleys, parks and found spaces. It's an extravagance of creative exploration, imagination, and play.

Edmonton International Film

Festival - Sept 21 to Oct 1

Get ready for ten exciting days of popcorn for dinner! The Edmonton International Film Festival (EIFF) celebrates diverse cinema in theatres right here in Edmonton. You'll laugh, cry and feel inspired by high quality films from YEG and around the world. These features and shorts span all genres and are mixed with a handful of award-winners from the film festival circuit.

Ice on Whyte

End of January into February

Ice on Whyte Festival carves up a wicked combo of ice and art. While you're enjoying the internationally acclaimed ice sculptures, indulge in some amazing food from local restaurants and live musical performances. So, get your toque on and come down to the beautiful ice sculpture garden crafted by Canadian artists, visit the ice bar, or learn to carve ice just like a pro.

EDMONTON SPORT AND SOCIAL CLUB

Events

Put the 'social' in Sport & Social!
The ESSC offers seasonal parties, annual ski trips, trivia nights, exclusive Sponsor Bar specials daily, and so much more.

 REGISTER NOW
Get in the Game

Registration for Fall Leagues is Open! ×

Outdoor Sport Deadline: Passed, [View Last Minute Availability](#)

Indoor Sport Deadline: 9 days, 10:15:17

Welcome to the Edmonton Sport and Social Club: The City's #1 Co-ed Adult Sports Provider

The ESSC was established in 2004 and has been providing adults with the best co-ed, multi sport experience ever since. The ESSC has grown to host over 5,000 teams each year, serving over 85,000 Edmontonians since inception. With year-round leagues, tournaments and events for adults, there are so many ways to get in the game!

Sport: The ESSC offers over 15 different sports with an emphasis on "fun-first, winning-second". League players choose the sport that they want to play and the day of the week that they want to play it. There are also over 25 tournaments to choose from in a variety of sports each year. Whether you're playing in a league or tournament, you can register as a team, with a few friends or as an individual, choosing from a variety of skill levels.

Social: The ESSC has several Sponsor Bars where you can go after your games to hang out with your team and meet other players. There are also various parties and events offered throughout the year.

EDMONTON MUSEUMS & HERITAGE

Royal Alberta Museum

\$21 Admission

<https://royalalbertamuseum.ca/>

Ukrainian Village

\$15 Admission

<https://ukrainianvillage.ca/>

Alberta Aviation Museum

\$12 Admission for Students

<https://albertaaviationmuseum.com/>



ALBERTA AVIATION MUSEUM





GO - KARTING



ICE PALACE

SKATING



GALAXYLAND

AMUSEMENT
PARK



BOWLING

WEST



MINI-GOLF

EDMONTON



MALL

ESCAPE ROOM



MARINE LIFE
AND BIRDS

MARINE LIFE



ADVENTURE
GOLF

**ADVENTURE
GOLF**



INDOOR
WATERPARK

WATERPARK

ALL INDOOR

FARMER'S MARKET

EVERY SATURDAY

Old
STRATHCONA
FARMERS' MARKET
EST. 1983

WE MAKE IT, WE BAKE IT, WE GROW IT, WE SELL IT



OPEN EVERY SATURDAY, 8AM-3PM



LOCATED ON 83RD AVE + 103
STREET (JUST OFF WHYTE AVE)



FREE 2-HR PARKING EVERY
SATURDAY, 8AM-3PM



VERIFIED LOCAL VENDORS + A
GREAT SELECTION OF QUALITY
GOODS

LINKS FOR EDMONTON ACTIVITIES

West Edmonton Mall

<https://www.wem.ca/play/attractions>

Edmonton Ski Club

<https://www.edmontonskiclub.com/>

Edmonton Sport and Social Club

<https://www.edmontonsportsclub.com/home>

Edmonton Festivals

<https://exploreedmonton.com/things-to-do/edmonton-festivals>

Farmers Market

<https://osfm.ca/>

also included on each slide
for you to come back to!

THANK YOU!

QUESTIONS?

Contact wellness@concordia.ab.ca



FOLLOW US ON INSTAGRAM!

Instagram:

[@CUEPeerWellnessSupport](https://www.instagram.com/CUEPeerWellnessSupport)

