The TA/TM Well-being Project aims to support Teaching Assistants and Tutor Markers to:

- Learn skills for maintaining resilience and well-being in graduate school
- Connect with a network of other TA/TMs
- Learn to create conditions for Well-being in Learning Environments through their role as a TA/TM

PROJECT COMPONENTS

- An initial 1-hour workshop that introduces the project and shares resources to support TA/TMs own well-being, as well as tools for creating conditions for well-being within labs and tutorials.
- Weekly emails that provide resources and share well-being activities that can be used in class each week.
- Stay connected through the semester to share experiences, ask questions and provide feedback on the project.

Get involved! Register to attend one of our upcoming workshops at http://at.sfu.ca/oJZpFP

SFU BURNABY
Wednesday, September 27
Time: 12:30–1:30 pm
Location: Maggie Benston Centre, Room 1402
Friday, September 29
Time: 2:30–3:30 pm
Location: Maggie Benston Centre, Room 1402

SFU VANCOUVER
Tuesday, September 26
Time: 4:30–5:30 pm
Location: Harbour Centre, Room 1315

SFU SURREY
Friday, September 15
Time: 12:30–1:30 pm
Location: Room 3040

SFU Health Promotion is a division of SFU Health & Counselling Services.

www.sfu.ca/healthycampuscommunity/learningenvironments/TA_TM_Well-Being_Project.html