How’s your semester going?

February has been a very quiet month as we have been busy planning for all of the exciting things that are happening in March! In light of that, we don’t have a whole lot to share with you about what we did in February. However, we will let you in on all of the cool things happening in March!

ME WEEK 2017

We are so excited to finally announce the dates and events that are going on for our 4th annual ME Week! For the past 4 years, we have dedicated an entire week in the month of March to connecting with students to promote self-care, awareness and eliminating the stigma! We are so excited to share with you our new ideas and can’t wait to see you there!

ME Week will be occurring from March 27th to March 31st. The Monday will be a Mind, Body and Spirit themed day! We will have sessions running throughout the entire day. We also will have some post card making so that students can write a post-card to a loved one. On Tuesday, we will be hosting an Art Therapy Day! We will have everything from painting to slime to DIY stress balls, and more! On Wednesday, we will be hosting Coffee & Conversation! Here, we will be giving back to the students with some yummy coffee and prompting students to engage in important conversations regarding mental health. On Thursday evening, we will be hosting the always popular Careers in Mental Health Night! We are very excited to host this again so students can learn about different career paths in the area of mental health. Then lastly on Friday we will be bringing a ton of people together to create a giant visual display that will use student to represent mental health at SFU.

We are also very excited to share that we will be having a ton of giveaways throughout the week. As well if you come to more events, you will be entered to win bigger and better prizes! To hint at a few, we’ve got some self-care items like tea and coffee, we’ve got some small gift bags, and we hear that there may be some Vancouver Whitecaps tickets as well.

We are so excited for this event and we hope you are too! Keep an eye on our Facebook page for the most updated details of the week.

As well, keep an eye out for volunteer opportunities! If you haven’t been able to come out yet, there will be plenty of opportunities during ME Week to help out and we can’t do it without you guys, you are incredible people! Thank you all so much!

UPCOMING MEETINGS & EVENTS

Volunteer meeting – Mar. 10th 1:30-2:30pm in MBC 2294
Volunteer meeting – Mar. 17th 1:30-2:30pm – MBC 2290
Volunteer meeting – Mar. 24th 1:30-2:30pm – Forum Chambers
4th Annual ME Week – Mar. 27th to Mar. 31st

Keep an eye out for our emails to get all meeting and event updates!