

**Subject:** Wellness supports & activities on campus

**Date:** Thursday, November 23, 2017 at 2:09:04 PM Eastern Standard Time

**From:** Information Sheridan

**To:** Information Sheridan

Dear Sheridan Community,

We are thrilled to have our full community back on campus this week. We recognize that the past five weeks have been difficult, and that the transition back to your classes and coursework may take some time as well.

As you re-engage with your classes and get back on track, Sheridan's student support teams and your Sheridan Student Union are here to help. Today we invite you to take a moment, and explore some of the initiatives we have put in place to keep you informed and also support your wellness and well-being during the busy days ahead:

- Fruit, snacks and water bottle giveaways at each campus each morning
- The Centre for Student Success and Wellness & Counselling Services, in partnership with the Sheridan Student Union, will be hosting drop-in wellness sessions hosted by the Canadian Mental Health Association:
  - **Thursday, November 23:**
    - Trafalgar Coffee Loft, 5:00 – 7:00pm
    - HMC Student Union Clubs room, 12:00 - 4:00pm
    - Davis Student Union Bruins Coffee House, 5:00 -7:00pm
  - **Friday, November 24:**
    - Trafalgar Student Union Boardroom, 12:00pm – 2:00pm
    - Trafalgar Residence, 5:00 -7:00pm
    - Davis Student Union Boardroom, 12:00-2:00pm
    - Davis Residence, 5:00-7:00pm
    - HMC Student Union Boardroom, 12:00 - 4:00pm
- Manicures and massages while watching a movie:
  - **Thursday, November 23**
    - The Marquee, Trafalgar Campus, 7:00pm
    - The Den, Davis Campus, 5:00pm
    - HMC Student Union Clubs Room, 2:00pm
- Board game night: Student Union Clubs Room, HMC Campus, **November 24, 2:00 pm**
- Ping pong and pool: The Den, Davis Campus, **November 24, 5:00pm**
- Peer-to-peer assignment critiques, The Marquee the Student Union Coffee Loft, Trafalgar Campus, **November 24, 7:00pm**
- Weekly guided meditation sessions every **Wednesday, 12:15 – 12:35pm**
  - Davis Campus: Room C316
  - HMC: Room A308
  - Trafalgar: Room E105

- Information tables staffed by representatives from Library & Learning Services, Student Affairs, and Peer Mentors to answer questions and provide direction at each campus
- Daily drop-in sessions at our International Centres to answer any questions you may have regarding the accommodation processes established by the college, and question pertaining to your immigration status.
  - o Davis Campus: 10:00 – 11:00am, room B212g
  - o HMC Campus: 10:00 – 11:00am, room A163a
  - o Trafalgar Campus: 11:00am – 12:00pm, room B360
- Resume clinics hosted by our Career Centre:
  - o Thursday, November 23, 3:00 – 5:00pm, Trafalgar B-wing
  - o Friday, November 24, 12:00 – 2:00pm, Trafalgar B-wing

More activities will continue to be added next week. Please continue to stay informed by checking our [Back to Class](#) website, which is updated on a regular basis as more information becomes available about additional student supports. A full calendar of activities presented by the Sheridan Student Union is also available [here](#).

Thank you for your continued patience, and we wish you every success upon your return to class.

Sincerely,

Maria Lucido Bezely  
Dean of Students

Enrique Ponce  
President, Sheridan Student Union