



Student Services Calendar

SEPTEMBER

LEGEND: **(ALS)** = Program provided by Accessible Learning Services | **(CNSL)** = Program provided by Counselling | **(PM+)** = Program provided by Peer Mentor+

Click on a program to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 28 th N/a	August 29 th N/a	August 30 th N/a	August 31 st N/a	September 1st No programs available on this date
September 4th No programs available on this date	September 5th No programs available on this date	September 6th No programs available on this date	September 7th 2:00 PM Understanding your Course Syllabus (ALS)	September 8th No programs available on this date
September 11th 1:00 PM Strategies for Effective Group Work (ALS)	September 12th No programs available on this date	September 13th No programs available on this date	September 14th 10:00 AM Transitions for Success Workshop (ALS)	September 15th 11 AM Adaptive Technology Workshop (ALS)
September 18th No programs available on this date	September 19th 10:00 AM Understanding your Course Syllabus Workshop (ALS) 3:00 PM ASD & Friends Support Group (PM+)	September 20th 1:00 PM LGBTQ2+ Support Group (PM+) 3:00 PM International Student Support (PM+)	September 21st 11:00 AM Strategies for Effective Goal Setting Workshop (ALS) 1:00 PM Ready, Set, Go: Goal-setting & Accountability Group Session (ALS)	September 22nd No programs available on this date
September 25th 10:00 AM Strategies for Effective Group Work (ALS)	September 26th 3:00 PM ASD & Friends Support Group (PM+)	September 27th 1:00 PM LGBTQ2+ Support Group (PM+) 2:00 PM Strategies for Effective Goal Setting Workshop (ALS) 3:00 PM International Student Support (PM+)	September 28th 2:00 PM The Inner Well: A Therapeutic Movement Group (CNSL)	September 29th 11 AM Adaptive Technology Workshop (ALS)

Student Services Calendar

OCTOBER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2st No programs available on this date	October 3st 3:00 PM Strategies for Effective Goal Setting Workshop ALS 3:00 PM ASD & Friends Support Group PM+	October 4st 1:00 PM LGBTQ2+ Support Group PM+ 2:00 PM Healthy Emotions Group CNSL 3:00 PM International Student Support PM+	October 5st 1:00 PM Ready, Set, Go: Goal-setting & Accountability Group Session ALS 2:00 PM The Inner Well: A Therapeutic Movement Group CNSL 3:00 PM Community Club: Let's Get Cooking PM+ 4:00 PM Community Club: Let's Get Cooking PM+	October 6st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group CNSL
October 9st Thanksgiving-College Closed	October 10st 2:00 PM Changing Behaviours Group CBT1 3:00 PM ASD & Friends Support Group PM+	October 11st 2:00 PM Healthy Emotions Group DBT1 3:00 PM International Student Support PM+	October 12st 10:00 AM Strategies for Effective Goal Setting Workshop ALS 2:00 PM The Inner Well: A Therapeutic Movement Group CNSL 3:00 PM Community Club: Let's Get Cooking PM+ 4:00 PM Community Club: Let's Get Cooking PM+	October 13st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group CNSL
October 16st 1:00 PM Stress Management CNSL 2:30 PM Time Management Group Session ALS	October 17st 2:00 PM Changing Behaviours Group CBT1 3:00 PM ASD & Friends Support Group PM+	October 18st 11:00 AM Adaptive Technology Workshop ALS 2:00 PM Healthy Emotions Group DBT1 1:00 PM LGBTQ2+ Support Group PM+ 3:00 PM International Student Support PM+	October 19st 1:00 PM Ready, Set, Go: Goal-setting & Accountability Group Session ALS 2:00 PM The Inner Well: A Therapeutic Movement Group CNSL 3:00 PM Community Club: Let's Get Cooking PM+ 4:00 PM Community Club: Let's Get Cooking PM+	October 20st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group CNSL
October 23st 1:00 PM Stress Management CNSL 2:30 PM Time Management Group Session ALS Intercession Week	October 24st 2:00 PM Changing Behaviours Group CBT1 Intercession Week	October 25st 2:00 PM Healthy Emotions Group DBT1 Intercession Week	October 26st Intercession Week	October 27st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group CNSL Intercession Week
October 30st 1:00 PM Stress Management CNSL 2:30 PM Time Management Group Session ALS	October 31st 2:00 PM Changing Behaviours Group CBT1 3:00 PM ASD & Friends Support Group PM+	November 1 st N/a	November 2 st N/a	November 3 st N/a



Student Services Calendar

NOVEMBER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 30 st N/a	October 31 st N/a	November 1st 1:00 PM LGBTQ2+ Support Group (PM+) 3:00 PM International Student Support (PM+)	November 2st 1:00 PM Ready, Set, Go: Goal-setting & Accountability Group Session (ALS) 3:00 PM Community Club: Let's Get Cooking (PM+) 4:00 PM Community Club: Let's Get Cooking (PM+)	November 3st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group (CNSL)
November 6st 1:00 PM Stress Management (CNSL) 2:30 PM Time Management Group Session (ALS)	November 7st 2:00 PM Changing Thoughts Group (CNSL) 3:00 PM ASD & Friends Support Group (PM+)	November 8st 1:00 PM LGBTQ2+ Support Group (PM+) 2:00 PM Healthy Emotions Group (CNSL) 3:00 PM International Student Support (PM+)	November 9st 2:00 PM The Inner Well: A Therapeutic Movement Group (CNSL) 3:00 PM Community Club: Let's Get Cooking (PM+) 4:00 PM Community Club: Let's Get Cooking (PM+)	November 10st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group (CNSL)
November 13st 1:00 PM Stress Management (CNSL) 2:30 PM Time Management Group Session (ALS)	November 14st 2:00 PM Changing Thoughts Group (CNSL) 3:00 PM ASD & Friends Support Group (PM+)	November 15st 1:00 PM LGBTQ2+ Support Group (PM+) 2:00 PM Adaptive Technology Workshop (ALS) 2:00 PM Healthy Emotions Group (CNSL) 3:00 PM International Student Support (PM+)	November 16st 1:00 PM Ready, Set, Go: Goal-setting & Accountability Group Session (ALS) 3:00 PM Community Club: Let's Get Cooking (PM+) 4:00 PM Community Club: Let's Get Cooking (PM+)	November 17st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group (CNSL)
November 20st 1:00 PM Stress Management (CNSL) 2:30 PM Time Management Group Session (ALS)	November 21st 2:00 PM Changing Thoughts Group (CNSL) 3:00 PM ASD & Friends Support Group (PM+)	November 22st 1:00 PM LGBTQ2+ Support Group (PM+) 2:00 PM Healthy Emotions Group (CNSL) 3:00 PM International Student Support (PM+)	November 23st 1:00 PM Ready, Set, Go: Goal-setting & Accountability Group Session (ALS) 3:00 PM Community Club: Let's Get Cooking (PM+) 4:00 PM Community Club: Let's Get Cooking (PM+)	November 24st 10:30 AM Mindfulness Skills & Healthy Thinking drop-in Group (CNSL)
November 27st 1:00 PM Stress Management (CNSL) 2:30 PM Time Management Group Session (ALS)	November 28st 2:00 PM Changing Thoughts Group (CNSL) 3:00 PM ASD & Friends Support Group (PM+)	November 29st 1:00 PM LGBTQ2+ Support Group (PM+) 2:00 PM Healthy Emotions Group (CNSL) 3:00 PM International Student Support (PM+)	November 30st 1:00 PM Ready, Set, Go: Goal-setting & Accountability Group Session (ALS) 3:00 PM Community Club: Let's Get Cooking (PM+) 4:00 PM Community Club: Let's Get Cooking (PM+)	December 1 st N/a

Student Services Calendar

DECEMBER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 27 st N/a	November 28 st N/a	November 29 st N/a	November 30 st N/a	December 1st No programs available on this date
December 4st No programs available on this date	December 5st 3:00 PM ASD & Friends Support Group PM+	December 6st 1:00 PM LGBTQ2+ Support Group PM+ 3:00 PM International Student Support PM+	December 7st 3:00 PM Community Club: Let's Get Cooking PM+ 4:00 PM Community Club: Let's Get Cooking PM+	December 8st No programs available on this date
December 11st No programs available on this date	December 12st 3:00 PM ASD & Friends Support Group PM+	December 13st 1:00 PM LGBTQ2+ Support Group PM+ 3:00 PM Transitions for Success Workshop ALS 3:00 PM International Student Support PM+	December 14st 3:00 PM Community Club: Let's Get Cooking PM+ 4:00 PM Community Club: Let's Get Cooking PM+	December 15st No programs available on this date