

Campus Health Workshop Series

Exploring Mental Health

Tuesday, October 13th, 2026, 6:00PM – 7:30PM

This 60–90-minute interactive workshop gives an overview of anxiety, depression, neurodivergence, and the associated stigma.

[Teams Meeting Link](#)

Meeting ID: 248 088 624 582 600

Passcode: VJ9sF9ao

Improving Mental Well-Being

Tuesday, November 3rd, 2026, 6:00PM – 7:30PM

In this 60-90-minute interactive workshop, we will discuss strategies to improve feelings of overwhelm and overall mental wellbeing.

[Teams Meeting Link](#)

Meeting ID: 267 903 339 379 756

Passcode: TL6Qv37P

Substance Use

Tuesday, November 17th, 2026, 6:00PM – 7:30PM

This 60-90-minute workshop will focus on the use of substances in post-secondary schools, as well as the supports that can contribute to recovery.

[Teams Meeting Link](#)

Meeting ID: 292 162 002 230 845

Passcode: b8LH2tE6

Getting Unstuck - Strategies for Overcoming Procrastination

Tuesday, November 24th, 2026, 6:00PM – 7:30PM

This 60-90-minute interactive workshop will focus on skills for improving time management.

[Teams Meeting Link](#)

Meeting ID: 229 273 513 399 801

Passcode: CG7mD3Ex

Presented by Kelley Curtis Workshops are eligible for CCR credits.

Pre-Registration is encouraged through [My Campus](#)

