

Mental Health Mini Expo

in collaboration with Bell Let's Talk Day

Wed 24th Jan 2024, 9am to 11:30am

In the Learning Commons within the Massey Library,
open to all students and staff.



The Success Centre is hosting a Mental Health Mini Expo in collaboration with the Bell Let's Talk Day. This event will be open between 9:00 a.m. to 11:30 a.m. in the Learning Commons area within the Massey Library. Students and staff are free to come during these hours to peruse through the many tables where some of our internal and external partners will be able to provide a breakdown of the services/support they each provide:

- Success Centre
- Agora
- Spiritual Services/Padres & Sentinel
- Military Family Resource Mental Health
- Conflict and Complaint Management Services
- Resilience Plus
- Culture Change
- Health Promotions

Come and learn more about what these services have to offer, pick up information and promotional items including some Bell Let's Talk swag! You will also have a chance to hear and read about other people's victories and feel free to take the time to write about your own to help inspire others if you wish.

Coffee and cookies will be provided, come and take a coffee break with us!