

# MENTAL HEALTH AWARENESS WEEK 2012

## SCHEDULE OF EVENTS

[www.uwindsor.ca/mentalhealth](http://www.uwindsor.ca/mentalhealth)



EVENT	Monday, Jan. 16	Tuesday, Jan. 17	Wednesday, Jan. 18	Thursday, Jan. 19
1	<b>Mental Illness in the Criminal Justice System</b> Moot Court, Faculty of Law 12:00 (open to all)	<b>Music, Mood and Food</b> CAW Centre Commons Area 11:30 – 1:00 pm <i>Live music; free yogurt &amp; fruit</i>	<b>Student Health Fair</b> Ambassador Auditorium, CAW over 30 displays, info, food, freebies 10:00 am – 3:00 pm	<b>QPR Suicide Prevention Workshop</b> Katzman Lounge, Vanier Hall 10:00 – 12:00
2	<b>Free Fitness Classes:</b> Various times at the St Denis Centre and 12:00 at Faculty of Ed. Gym	<b>Free Fitness Classes:</b> Various times at the St Denis Centre and 12:00 at Faculty of Ed. Gym	<b>White Noise, a play</b> Jackman Studio Theatre, Jackman Dramatic Art Centre 12:30 – 1:30	<b>Free Fitness Classes:</b> Various times at the St Denis Centre and 12:00 at Faculty of Ed. Gym
3	<b>Multi-Faith Student Dinner</b> Assumption University Building Chapel, 2 <sup>nd</sup> Floor 5:30 – 6:30 pm	<b>Mental Health Discussion Panel</b> <i>Thriving in University</i> Ambassador Auditorium, CAW 1:00 - 2:00 pm <i>free refreshments</i>	<b>Free Fitness Classes:</b> Various times at the St Denis Centre and 12:00 at Faculty of Ed. Gym	<b>Mirror Mirror, presentation by the authors</b> Katzman Lounge, Vanier Hall 2:00-3:00
4	<b>S.T.E.P.S. – Information Booth</b> Vanier Hall 5:30 – 7:00 pm	<b>Living Well With Stress</b> <i>learn how to manage stress</i> Ambassador Auditorium, CAW 2:00 – 3:00 pm	<b>S.T.E.P.S. – Test Anxiety</b> Laurier Hall, 1 <sup>st</sup> Floor Lounge 5:30 – 6:30 pm	<b>Understanding Depressive Illness Webinar –</b> Sponsored by Shepell fgi <a href="https://www2.gotomeeting.com/register/937105946">https://www2.gotomeeting.com/register/937105946</a> <b>or</b> link from <a href="http://www.uwindsor.ca/mentalhealth">www.uwindsor.ca/mentalhealth</a> 3:30 – 4:30 pm
5	<b>An Evening with Steven Page</b> St. Denis Centre 7:00 - 9:00 pm Free with valid student card	<b>Beautiful Minds Information Session</b> Ambassador Auditorium, CAW 4:30 – 5:30 pm	<b>Multi-Faith Prayer Service</b> Multi-Faith Space, CAW, B-08 7:00 – 8:30 pm	
6		<b>Type 2: A Bipolar Journey, a play</b> Ambassador Auditorium, CAW 5:30 – 7:00 pm		
7		<b>S.T.E.P.S. – Taming the Chaos</b> MacDonald Hall, 1 <sup>st</sup> Floor Lounge 5:30 – 6:30 pm		