



BITE-SIZED LEARNING

FOOD FOR THOUGHT

Join Outreach & Education for mini sessions
each month on a variety of topics.

Monthly Topics

February - Family & Relationships

March - Mental Health & Self-Care

April - Towards Indigenous Understanding

May - Sexual Violence Awareness

June - Being an Ally

July - Racism and Privilege

August - Sexism and Gender

September - Suicide Awareness

October - Healthy Workplace

November - Men's Mental Health

1098 3 AVE N.

ENTER THROUGH THE WEST DOORS

OPEN TO THE COMMUNITY

BRING YOUR LUNCH

Feb–Nov 2019

Mondays

12:10–12:50 pm

Training Rm. 520

**except holidays*