



Student Services Calendar

SEPTEMBER 2024

LEGEND:

Acronym	Description
ALS	= Program provided by Accessible Learning Services
BSSN	= Program provided by Black Student Success Network
CNSL	= Program provided by Counselling
PM+	= Program provided by Peer Mentor+

Click on a program to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>September 2 No Programs Available.</p>	<p>September 3 No Programs Available. Welcome Back!</p>	<p>September 4 No Programs Available.</p>	<p>September 5 No Programs Available.</p>	<p>September 6 No Programs Available.</p>
<p>September 9 No Programs Available.</p>	<p>September 10 No Programs Available.</p>	<p>September 11 No Programs Available.</p>	<p>September 12 Transitions to Success 3:00pm to 4:00pm On Zoom</p>	<p>September 13 AT Lab Drop-in 12:00pm to 1:00pm On Zoom</p>
<p>September 16 No Programs Available.</p>	<p>September 17 No Programs Available.</p>	<p>September 18 No Programs Available.</p>	<p>September 19 No Programs Available.</p>	<p>September 20 No Programs Available.</p>
<p>September 23 Stress Management 1pm to 3pm on Zoom</p> <p>AT Lab Drop-in 3:00pm to 4:00pm On Zoom</p>	<p>September 24 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p>September 25 No Programs Available.</p>	<p>September 26 Let's Chat! Staying on track, time management drop in 11:00am to 12:00pm On Zoom</p>	<p>September 27 Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p>
<p>September 30 Stress Management 1pm to 3pm on Zoom</p>				



Student Services Calendar

October 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">October 1</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Wellness Tuesday 12:00pm to 1:30pm (drop-in 1:30 to 3:00)</p>	<p align="center">October 2</p> <p>AT Lab Drop-in 10:00am to 11:00am On Zoom</p>	<p align="center">October 3</p> <p>DBT: Healthy Emotions 10:00 to 11:30am @ St. James</p> <p>Presentation Skills 11:00pm to 12:00pm On Zoom</p>	<p align="center">October 4</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p> <p>East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James</p>
<p align="center">October 7</p> <p>Stress Management 1pm to 3pm on Zoom</p>	<p align="center">October 8</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Let's Chat! Staying on track, time management drop in 3:00pm to 4:00pm On Zoom</p>	<p align="center">October 9</p> <p>CBT: Changing Behaviours 2:00 to 3:30pm on Zoom</p> <p>The Community Cub: Communication Toolkit. 11:00am to 12:00pm, 1:00pm to 2:00pm Room 593F, St. James</p>	<p align="center">October 10</p> <p>The Inner Well 2:00 to 3:30 @ Daniels WF</p> <p>DBT: Healthy Emotions 10:00 to 11:30am @ St. James</p>	<p align="center">October 11</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p>
<p align="center">October 14</p> <p>Thanksgiving. College closed.</p>	<p align="center">October 15</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p align="center">October 16</p> <p>CBT: Changing Behaviours 2:00 to 3:30pm on Zoom</p> <p>Strategies for Effective Groupwork 11:00am to 12:00pm On Zoom</p>	<p align="center">October 17</p> <p>The Inner Well 2:00 to 3:30 @ Daniels WF</p> <p>DBT: Healthy Emotions 10:00 to 11:30am @ St. James</p> <p>AT Lab Drop-in 12:00pm to 1:00pm On Zoom</p>	<p align="center">October 18</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p> <p>East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James</p>
<p align="center">October 21 [Intersession Week]</p> <p>Stress Management 1pm to 3pm on Zoom</p>	<p align="center">October 22 [Intersession Week]</p> <p>No Programs Available.</p>	<p align="center">October 23 [Intersession Week]</p> <p>CBT: Changing Behaviours 2:00 to 3:30pm on Zoom</p>	<p align="center">October 24 [Intersession Week]</p> <p>The Inner Well 2:00 to 3:30 @ Daniels WF</p>	<p align="center">October 25 [Intersession Week]</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			DBT: Healthy Emotions 10:00 to 11:30am @ St. James	
<p align="center">October 28</p> Stress Management 1pm to 3pm on Zoom	<p align="center">October 29</p> ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James Transitions to Success 3:00pm to 4:00pm On Zoom	<p align="center">October 30</p> CBT: Changing Behaviours 2:00 to 3:30pm on Zoom Peer Mentor+ Well-Being Events 11:00am to 2:00pm Daniels Waterfront Building	<p align="center">October 31</p> The Inner Well 2:00 to 3:30 @ Daniels WF DBT: Healthy Emotions 10:00 to 11:30am @ St. James Talking Circle 12:00pm to 1:30pm (drop-in 1:30 to 3:00)	



Student Services Calendar

November 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1 Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James
November 4 Stress Management 1pm to 3pm on Zoom	November 5 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James AT Lab Drop-in 3:00pm to 4:00pm On Zoom Wellness Tuesday 12:00pm to 1:30pm (drop-in 1:30 to 3:00)	November 6 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom	November 7 The Inner Well 2:00 to 3:30 @ Daniels WF DBT: Healthy Relationships 10:00 to 11:30am @ St. James	November 8 No Programs Available.
November 11 No Programs Available.	November 12 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James	November 13 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom Let's Chat! Staying on track, time management drop in 12:00pm to 1:00pm On Zoom The Community Cub: Communication Toolkit. 11:00am to 12:00pm, 1:00pm to 2:00pm Room 593F, St. James	November 14 DBT: Healthy Relationships 10:00 to 11:30am @ St. James Presentation Skills 12:00pm to 1:00pm On Zoom	November 15 East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>November 18 No Programs Available.</p>	<p>November 19 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Strategies for Effective Groupwork 3:00pm to 4:00pm On Zoom</p>	<p>November 20 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom</p>	<p>November 21 DBT: Healthy Relationships 10:00 to 11:30am @ St. James</p>	<p>November 22 No Programs Available.</p>
<p>November 25 No Programs Available.</p>	<p>November 26 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p>November 27 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom</p> <p>Peer Mentor+ Well-Being Events 11:00am to 2:00pm Theatre School</p>	<p>November 28 DBT: Healthy Relationships 10:00 to 11:30am @ St. James</p> <p>Talking Circle 12:00pm to 1:30pm (drop-in 1:30 to 3:00)</p>	<p>November 29 East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James</p>



Student Services Calendar

December 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December 2 No Programs Available.</p>	<p>December 3 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Let's Chat! Staying on track, time management drop in 3:00pm to 4:00pm On Zoom</p>	<p>December 4 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom</p>	<p>December 5 No Programs Available.</p>	<p>December 6 No Programs Available.</p>
<p>December 9 No Programs Available.</p>	<p>December 10 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p>December 11 Peer Mentor+ Well-Being Events 11:00am to 2:00pm Casa Loma Campus</p>	<p>December 12 No Programs Available.</p>	<p>December 13 No Programs Available. Semester End - You did it!</p>
<p>December 16 No Programs Available.</p>	<p>December 17 Transitions to Success 3:00pm to 4:00pm On Zoom</p>			