



University
of Manitoba
**STUDENTS'
UNION**

TO: UMSU Board of Directors
FROM: VP Advocacy, Sarah Bonner-Proulx
DATE: January 10th, 2019
RE: **Report to the Board**

New Updates

Mental Health and Wellness Week 2019

The planning of 2019 Mental Health and Wellness Week (January 28th- February 1st) is well underway. Some of the events and programming are as follows:

- Movies 4 Mental Health Screening and Panel
- Bell let's Talk Day Partnership
- Mental Health #studentsletsact national campaign
- Resource Fair (internal and external groups and organizations)
- Pet Therapy
- Speakers Panel
- Workshops on topics such as body image, alcohol / substance awareness, Stress & Coping

Ongoing/Continuing Updates

1) MDAM (Mood Disorders Association of Manitoba) Peer Support Training

- Had meeting with MDAM regarding potential collaboration with Moods for implementation of peer support training for student leaders
- Objective to increase number of peer support trained elected officials, reps and/or student leaders that can act as an available mental health resource for students
- Training is free of cost and MDAM willing to accommodate to students schedules. Currently this type of training is 20hrs total but may be able to condense material for efficiency purposes

2) Holiday Hampers

Holiday Hampers were delivered and picked up December 13th and 14th. In total 182 Hampers were sponsored between UMSU, Faculty Departments, Student Associations and External Organizations. We are still finalizing numbers but it appears we have come in well under budget thanks to generous sponsors. Thank you again to all who sponsored or donated to the hamper program or helped out volunteering!



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Events & Meetings Attended

- External Meeting listed only

Standing Exec meetings every Monday & Thursday

1. Dec 11th – 13th – Postsecondary Education Partnership – Alcohol Harms Symposium
2. Dec 8-10th – Hamper Packing
3. Dec 10th – Monthly Advocacy Meeting
4. Dec 13th – 14th - Hamper Deliveries
5. Dec 14th – Emergency BOG Meeting
6. Dec 14th – Academic Integrity Mtg
7. Dec 14th – Champions for Mental Health Mtg
8. Dec 14th – MIGIZI Holiday Open House
9. Dec 14th - PEP-AH Western Symposium Phone Call
10. Jan 7th – Hamper Debrief Meeting
11. Jan 7th – Student Senate Caucus
12. Jan 8th – MDMB Partnership Meeting
13. Jan 8th – Fort Gary UMSU Breakfasts
14. Jan 8th - Serving Breakfast at Fort Garry
15. Jan 8th – Social Media Coordinator Discussion
16. Jan 8th - Daycare Opening Celebration
17. Jan 9th – Monthly Meeting with UMSU & U of M
18. Jan 9th – Senate Meeting
19. Jan 10th – Asper Student Appreciation Week Speakers
20. Jan 10th – University College of the North Meet and Greet
21. Jan 10th – Bell Let's Talk Day Planning Meeting
22. Jan 10th – RWLE/SA Policy Committee