



University  
of Manitoba  
**STUDENTS'  
UNION**

**TO:** UMSU Board of Directors  
**FROM:** VP Advocacy, Sarah Bonner-Proulx  
**DATE:** Feb 7th, 2019  
**RE:** **Report to the Board, February 2019**

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#### **New Updates:**

- 1) Senate/ Student Senate Caucus : Given that neither senate nor SSC will have met at time of report submission, update will be given orally at BOD.
- 2) Justice for Women x UMSU Coloring Book Partnership: JFW and UMSU will be collaborating for second annual "Your Voice Matter" coloring book & Sexual Violence Support Guide for Survivors & Allies. Included will be student artwork colouring pages, FAQs, on and off campus resources and messages of hope, support, self-love and reminders of consent and healthy relationships. Justice for Women is now accepting submissions that can be submitted to [justiceforwomen.manitoba@gmail.com](mailto:justiceforwomen.manitoba@gmail.com)

#### **Ongoing/Continuing Work:**

##### **1) Mental Health & Wellness Week (Recap)**

Last week UMSU held our bi-annual MHAWW which coincided with Bell Let's Talk Day. Throughout this week I hosted CASA's Students Let's Act Campaign which served to advocate to the government for increased funding for mental health supports for post-secondary students. Overall, we successfully collected over 500 responses/ messages from students along with a number of letters which have all be sent to the Federal Minister of Health. During this week, we also ran a Movies for Mental Health event which featured short films addressing a variety of topics such as Mental health in BIPOC communities, LGBTQIA\* communities, anxiety and depression. This event also featured a panel discussion including both students and community members – roughly 45 people were in attendance and almost all free tickets were claimed. Other events held throughout the week included loving-kindness Buddhist meditation session, the wellness circle hosted by international centre, tabling events and resource fair by MDAM, active minds, health etc.

##### **2) MDAM x UMSU Mental Health Peer Support Training**

As mentioned in prior meetings, UMSU has now partnered with the non-for-profit, Mood Disorders of Manitoba to bring free and comprehensive mental health peer support training to students. This 2 day training will be open to all students, however preference will be given to student leaders for the first two session in order to maximize effect; each session has a capacity of 12. The goal of this training is to provide you with the concrete peer support skills require to work with individuals and groups on campus. In order to address very real mental health issues, this training will build your capacity to listen, reflect and support those who need it most.

Details below:



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- *Group One: Thursday, Feb 21<sup>st</sup> and Friday, Feb 22<sup>nd</sup> Start time: 9 am End Time: 12 pm*
- *Group Two: Thursday, Feb 21<sup>st</sup> and Friday, Feb 22<sup>nd</sup> Start time: 1 pm End Time: 4 pm.*

In this two-day training, you will:

- Learn new peer support and peer facilitation skills
- Develop self-awareness and self-reflective practices
- Identify ways to encourage inclusion, foster belonging and cultural competency in your groups, relationships and your community
- Gain essential skills to address mental health challenges

**Events/ Meetings Attended (External Only):**

Jan 25<sup>th</sup> – Mature Students rep Meeting  
Jan 28<sup>th</sup> – Feb 1<sup>st</sup> – Mental Health & Wellness Week + Students Lets Act Campaign  
Jan 28<sup>th</sup> – CTV Morning Live Segment  
Jan 28<sup>th</sup> - SVSC Student Sub-Committee Mtg  
Jan 28<sup>th</sup> – Mtg w Health and wellness coordinator  
Jan 28<sup>th</sup> – Accessibility Rep Mtg  
Jan 29<sup>th</sup> – Family Friendly Policies Mtg  
Jan 29<sup>th</sup> – M4MH Event  
Jan 29<sup>th</sup> – Board of Governors Exec Cte Mtg  
Jan 29<sup>th</sup> – Board of Governors Mtg  
Jan 31<sup>st</sup> – PEP-AH symposium  
Jan 31<sup>st</sup> – Mtg with SCC  
Feb 1<sup>st</sup> – RDAC Mtg  
Feb 1<sup>st</sup> – Hardship Mtg  
Feb 4<sup>th</sup> – JFW Mtg  
Feb 4<sup>th</sup> – Student Senate Caucus  
Feb 5<sup>th</sup> – Meeting w Post-Ed  
Feb 5<sup>th</sup> – POM logistics Mtg  
Feb 6<sup>th</sup> – Meeting with ACA  
Feb 6<sup>th</sup> – Senate Mtg  
Feb 7<sup>th</sup> – SHE Day Conference  
Feb 7<sup>th</sup> – CASA/UMSU mtg