

June 2020



UVic Student
Mental Health Initiative

<https://www.uvic.ca/mentalhealth/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8 Learn to Meditate 4:30pm-5:15pm	9 Morning Meditation 8:00am-8:45am	10 Wellness Wednesday Check Ins 9:00am-4:30pm	11 Awakening the Gifts of Character 12:30pm-1:20pm	12 Global Community Conversation Café 2:00pm-4:00pm	13
14	15 Learn to Meditate 4:30pm-5:15pm	16 Morning Meditation 8:00am-8:45am	17 Wellness Wednesday Check Ins 9:00am-4:30pm	18 Awakening the Gifts of Character 12:30pm-1:20pm	19 Global Community Conversation Café 2:00pm-4:00pm	20
21	22 Learn to Meditate 4:30pm-5:15pm	23 Morning Meditation 8:00am-8:45am	24 Wellness Wednesday Check Ins 9:00am-4:30pm	25 Awakening the Gifts of Character 12:30pm-1:20pm	26 Global Community Conversation Café 2:00pm-4:00pm	27
28	29 Learn to Meditate 4:30pm-5:15pm	30 Morning Meditation 8:00am-8:45am	1 Canada Day University Closed	2	3 Global Community Conversation Café 2:00pm-4:00pm	4

*Some events require registration; visit each link for more details.