

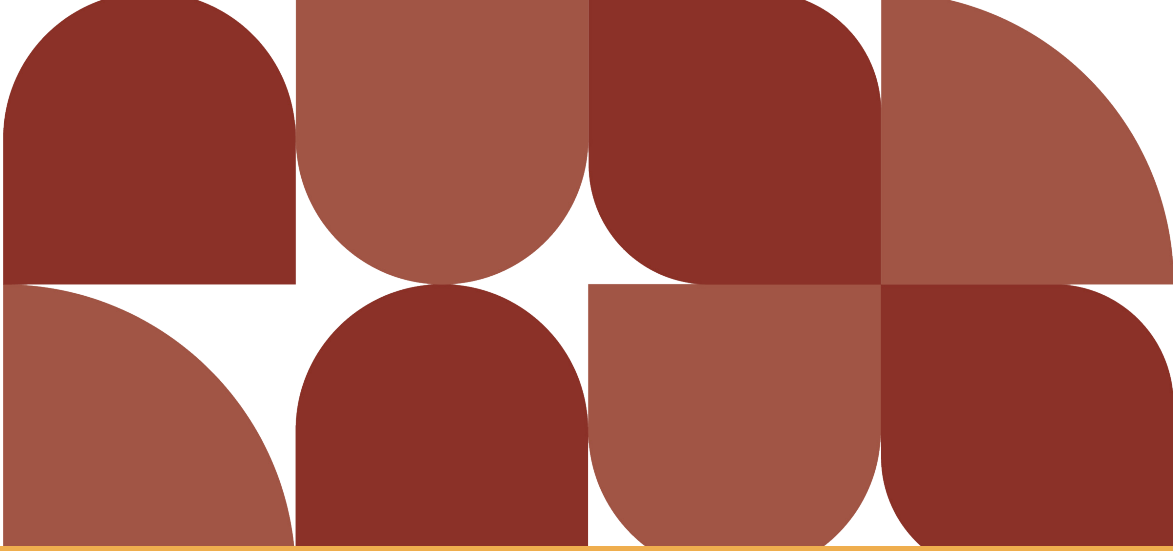
November

Mental Health & Counselling Programming

MEDICINE HAT COLLEGE



2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Dog Therapy with Maxine 12-1 Centennial Hall Peer Support Drop-in: Interfaith 12-1	4 Dog Therapy with Sadie 9:30-10:30 Trades mental health break 11:45-12:30 T-wing Atrium Dog Therapy with Finn 3-4 Centennial Hall	5 Resilient Minds: Don't Ghost Your Mental Health in Brooks Peer support at student wellness event in the den from 12-1	6 Dog Therapy with Finn 12-1 Centennial Hall Walking Group 12-1 Meeting inside main doors	7 Resilient Minds 11-1 between common grounds and cafeteria	8	9
10 Study Break	11 STAT	12 Study Break	13 Dog Therapy with Finn 12-1 Centennial Hall Walking Group 12-1 Meeting inside main doors	14 Resilient Minds 11-1 between common grounds and cafeteria	15	16
17 Dog Therapy with Maxine 12-1 Centennial Hall Compass International Student Group 12-1 Courtyard	18 Dog Therapy with Finn 3-4 Centennial Hall Naloxone Training: 11-1 Centennial Hall	19 Thrive @ MHC: Student Supports Event 11:30-1 in the den Peer support at student wellness event in the den from 12-1	20 Dog Therapy with Finn 12-1 Centennial Hall Dog Therapy with Oreo 1-3 Centennial Hall Walking Group 12-1 Meeting inside main doors	21 Resilient Minds 11-1 between common grounds and cafeteria	22	23
24 Peer Support Drop-in: Interfaith 12-1	25 Dog Therapy 3-4 Centennial Hall	26 Mental Health Services & Indigenous Student Supports at Brooks Campus 10-1 Peer support at student wellness event in the den from 12-1	27 Dog Therapy with Finn 12-1 Centennial Hall Walking Group 12-1 Meeting inside main doors	28 Resilient Minds 11-1 between common grounds and cafeteria	29	30