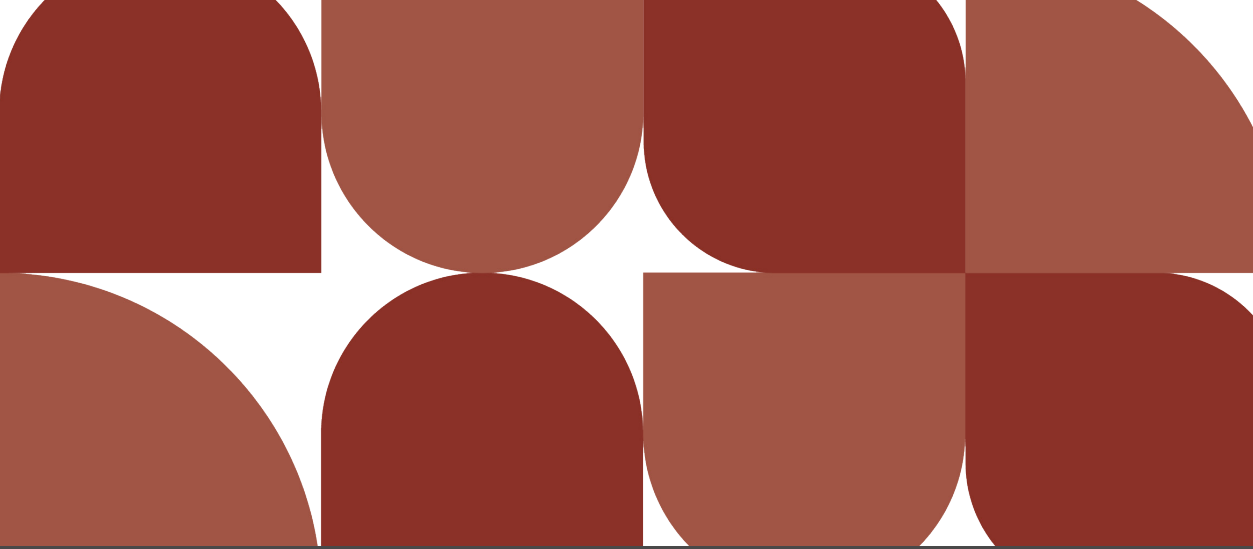


October 2025

Mental Health & Counselling
Programming



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Addiction counsellor on campus between common grounds and cafeteria 11-12:30 every Tuesday. <u>For GeminAI Rising sign up email:</u> bmellen@mhc.ab.ca	1	2 Walking Group 12-12:45 meeting at main doors Dog Therapy 12-1 Centennial Hall GeminAI Rising Group 4-5 Sign up required	3	4
5	6 Dog Therapy 12-1 Centennial Hall Peer Support drop-in: Interfaith 12-1	7 Dog Therapy 9:30-10:30 Location TBD Trades Mental Health Pizza Break 11:45-12:30 T-Wing Atrium Running Group 12-12:45 meeting at main doors Dog Therapy 3-4 T-wing Atirum	8	9 Walking Group 12-12:45 meeting at main doors Dog Therapy 12-1 Centennial Hall GeminAI Rising Group 4-5 Sign up required	10 World Mental Health Day	11
12	13 STAT	14 Running Group 12-12:45 meeting at main doors Dog Therapy 3-4 Cenntennial Hall	15	16 Walking Group 12-12:45 meeting at main doors Dog Therapy 12-1 Centennial Hall GeminAI Rising Group 4-5 Sign up required	17	18
19	20 Dog Therapy 12-1 Centennial Hall Peer Support drop-in: Interfaith 12-1	21 Running Group 12-12:45 meeting at main doors Naloxone Training: 11-1 centennial hall Dog Therapy 3-4 Centennial Hall	22	23 Walking Group 12-12:45 meeting at main doors Dog Therapy 12-1 Centennial Hall GeminAI Rising Group 4-5 Sign up required	24	25
26	27 Dog Therapy 12-1 Centennial Hall Peer Support drop-in: Interfaith 12-1	28 Running Group 12-12:45 meeting at main doors Dog Therapy 3-4 Centennial Hall	29	30 Walking Group 12-12:45 meeting at main doors Dog Therapy 12-1 Centennial Hall GeminAI Rising Group 4-5 Sign up required	31	