

SCHEDULE OF ACTIVITIES

STUDENT ZEN DEN

OCT 06

11AM- 2PM TAKE A STICK
LEAVE A STICK

Share a kind message or encouraging thought, then take one that speaks to you. A simple way to spread positivity and brighten someone's day.



OCT 15

11PM - 2PM TREE OF GRATITUDE

Take a moment to reflect on something you're thankful for and add it to our gratitude tree. Together, we'll create a beautiful display of appreciation and connection.



OCT 22

11PM-1PM - MINDFUL PAINTING

Unplug, relax, and let your creativity flow through paint and color. No experience needed, just come as you are and enjoy a calming mindful break.



OCT 27

11AM - 1PM PUMPKIN
DECORATION

Get into the fall spirit by decorating your own mini pumpkin with fun and creative designs. Join us for a cozy, laughter-filled activity and take home your masterpiece.



Unwind, recharge, or take a mindful break. See you at the Student Zen Den. Drop in anytime Mon - Thurs, 11 AM - 4 PM, MB228 Stan Grad Building.



Student Development & Counselling
STUDENT SERVICES

SCAN TO SEE HOW SDC
CAN SUPPORT YOU