

**During SAIT's winter break, check out  
SAIT's Student Development and Counselling's (SDC)  
Self-Help Tools and Resources & meet your Outreach and Wellness Leaders (OWLs)!**

**Are you looking to:**

- \*find wellness and balance?**
- \*learn self-care tips?**
- \*develop creative thinking skills?**
- \*build effective communication skills?**

We encourage you to use the online tools and resources available to you as a SAIT Student.

**Meet your OWLs Team!**

Hoot Hoot! We are a group of SAIT students passionate about promoting wellness and thriving at SAIT.

Check out the "My Mind Matters- campaign and follow the OWLs videos on My Mind Matters!

The OWLs also encourage you to add tools to your tool box by checking out the many supports and resources available to you! Be sure to check out the Student Life page!