

de-stress FEST

DEC 3-7

FREE MESSAGES

EVERYDAY • 10:30AM-12:30PM
STAN GRAD ATRIUM

PET-A-PUPPY

WEDNESDAY • 11:30AM-12:30PM
LIBRARY

DE-STRESS CRAFTS

EVERYDAY • ALLDAY
PEER SUPPORT CENTRE

DE-STRESS ZONE

TEA, SNACKS & VIDEO GAMES
EVERYDAY 11AM-1PM* EXCEPT WED. 1PM-2PM
LIBRARY

ACADEMIC COACHING

EVERYDAY 11AM-1PM* EXCEPT WED. 1PM-2PM
LIBRARY

PICK UP YOUR DE-STRESS KIT

SAITSA'S PEER SUPPORT CENTRE | MC107 | V204 | STUDENT DEVELOPMENT COUNSELLING CENTRE | LIBRARY

SAIT STUDENT DEVELOPMENT & COUNSELLING
LAMB LEARNER SUCCESS CENTRE
REG ERHARDT | LIBRARY

SAITSA