



Thrive

EXPLORE YOUR PATH TO MENTAL HEALTH

| Date | What | When | In-person or Online | Where |
|------------|--|---------------|---------------------|--|
| Fri Oct 1 | Welcome to Thrive: Check your NIC inbox for an email introducing Thrive Month! | All day | Online | Your NIC email |
| Tue Oct 5 | Treat Tuesday: Treats and bookmarks given away with all items borrowed from the LLC | All day | In Person | Library and Learning Commons |
| | Trades Students' Coffee Break: Fuel up and visit with some of NIC's student support staff | 10:00 - 11:00 | In Person | Student Commons |
| | Maker Space: Join NISU in our simple craft or bring your own & hang out to stay on task | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| Thu Oct 7 | Thrive Thursdays on Social Media: Healthy recipes, book recommendations & mindfulness activities posts | All Day | Online | Instagram: nic_llc Twitter: @LLC_NIC |
| | How to Communicate with Your Instructor: Learn effective communication strategies | 10:00 - 11:00 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| | Yoga: Free, easy to approach, for all bodies. Join NISU for an hour of yoga. Make time for you! | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| Mon Oct 11 | Thanksgiving Holiday: College closed | | | |
| Tue Oct 12 | Treat Tuesday: Treats and bookmarks given away with all items borrowed from the LLC | All Day | In Person | Library and Learning Commons |
| | Maker Space: Join NISU in our simple craft or bring your own & hang out to stay on task | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| Wed Oct 13 | Pet Show and Tell: Show off your pets and win prizes! | 12:00 - 1:00 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| | Supporting Wellness: A discussion on whole well-being with Elder in Residence Evelyn Voyageur | 1:00 - 2:30 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| | Friendsgiving Lunch: Visit NISU's App to learn more about a meal sharing experience in your community. | TBD | | For BlueJeans link, email theoffice@nisu.ca |
| Thu Oct 14 | Thrive Thursdays on Social Media: Healthy recipes, book recommendations & mindfulness activities posts | All Day | Online | Instagram: nic_llc Twitter: @LLC_NIC |
| | How to Build Better Habits: Learn how to support yourself with positive change | 10:00 - 11:00 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| | Yoga: Free, easy to approach, for all bodies. Join NISU for an hour of yoga. Make time for you! | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| Mon Oct 18 | Beyond the Blues Table: Drop by and learn more about mental health and related topics | 1:00 - 3:00 | In Person | Student Commons |
| Tue Oct 19 | Treat Tuesday: Treats and bookmarks given away with all items borrowed from the LLC | All Day | In Person | Library and Learning Commons |
| | Maker Space: Join NISU in our simple craft or bring your own & hang out to stay on task | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| Wed Oct 20 | Students' Town Hall Meeting with NIC President Dr. Lisa Domae | 12:00 - 1:00 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| Thu Oct 21 | Thrive Thursdays on Social Media: Healthy recipes, book recommendations & mindfulness activities posts | All day | Online | Instagram: nic_llc Twitter: @LLC_NIC |
| | Anxiety: Learn how to quiet a busy mind | 12:00 - 1:00 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| | Popcorn with the Faculty of Trades & Technical Programs and Faculty of Health & Human Services Deans: Come enjoy a snack while chatting with your Deans | 11:30 - 12:30 | In Person | Outside the Main Entrance |
| | Yoga: Free, easy to approach, for all bodies. Join NISU for an hour of yoga. Make time for you! | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| | Forest Walk: Enjoy nature, stretch your legs and join us for a walk around campus | 12:00 - 1:00 | In Person | Start in front of Main Entrance |
| Mon Oct 25 | Overcoming Procrastination: Tips and tools to get things done | 12:00 - 1:00 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| Tue Oct 26 | Treat Tuesday: Treats and bookmarks given away with all items borrowed from the LLC | All day | In Person | Library and Learning Commons |
| | Agree to Disagree: How to be open to differing opinions, be comfortable with the uncomfortable, and advocate effectively | 1:00 - 2:30 | Online | For BlueJeans link, email studentlife@nic.bc.ca |
| | Maker Space: Join NISU in our simple craft or bring your own & hang out to stay on task | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| Wed Oct 27 | Forest Walk: Enjoy nature, stretch your legs and join us for a walk around campus | 12:00 - 1:00 | In Person | Start in front of Main Entrance |
| Thu Oct 28 | Thrive Thursdays on Social Media: Healthy recipes, book recommendations & mindfulness activities posts | All Day | Online | Instagram: nic_llc Twitter: @LLC_NIC |
| | Yoga: Free, easy to approach, for all bodies. Join NISU for an hour of yoga. Make time for you! | 4:30 - 5:30 | Online | For BlueJeans link, email theoffice@nisu.ca |
| | NISU Spooky Birthday: Visit NISU's App to learn more about celebrating 30 years of services, connections and advocacy | TBD | | For BlueJeans link, email theoffice@nisu.ca |
| ALL Month | <ul style="list-style-type: none"> Book Displays: Book displays throughout the month featuring healthy recipes, mental health, healthy relationships, and mindfulness Mindfulness Kits to Loan Out: Kits include a collapsible meditation bench, noise cancelling headphones, finger labrynth, pebble meditation, mindfulness activity book Mindfulness Online Guide: Find lists of books, equipment, and online resources related to mindfulness Build a Gratitude Wall of Books: Interactive display inviting students to share what books, recipes, songs, shows, help them Thrive Colouring Pages and Puzzles: The LLC will have colouring pages, pencil crayons, and puzzles laid out for student & staff use Thrive Bingo: The NIC community is invited to venture out and explore our campuses - capturing images of some of the art, native trees, and wildlife surrounding us | | | Library & Learning Commons |

All events are being organized in accordance with safety guidelines from the Provincial Health Officer.