



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
	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 6	Harnessing Your Brain's Own Superpower: Develop your relationship with your focus abilities	1:00 -2:30	In Person	To register, email studentlife@nic.bc.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
Fri Oct 8	Trades Students' Coffee Break: Fuel up and visit with some of NIC's student support staff	10:00 - 11:00	In Person	Student Lounge in Trades Building
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
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
	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
	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	Beside the Bookstore in Tyee Hall
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
	Popcorn with the Faculty of Health & Human Services Deans: Come enjoy a snack while chatting with your Deans	12:00 - 1:00	In Person	Outside Puntledge Hall
	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	Popcorn with the Faculty of Health & Human Services Deans: Come enjoy a snack while chatting with your Deans	11:00 - 12:00	In Person	NIC@St. Joe's reception area
	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
	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 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 Discovery Hall
Thu Oct 28	Thrive Thursdays on Social Media: Healthy recipes, book recommendations & mindfulness activities posts	All Day	Online	Instagram: nic_llc Twitter: @LLC_NIC
	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
	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
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
	Thrive Lunch Special: Grilled Cheese with Soup or Fries for \$6.50 and other healthy options for \$2			Cafeteria

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