


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> Campus Mile: Kick-Off to Healthy Workplace Month 	2 <ul style="list-style-type: none"> Human Rights Fundamentals – Anti Discrimination and Harassment Personal Leadership at Work Noon Hour Walk in the Arboretum 	3	4
7 Mental Illness Awareness Week <ul style="list-style-type: none"> NEW Days Get to know your Athletics & Recreation Facilities 	8 <ul style="list-style-type: none"> Free In-Person Yoga Respectful Relationships in the Workplace 	9 <ul style="list-style-type: none"> Resource Highlight: Assessing your Ergonomics Program Noon Hour Walk in the Arboretum 	10 World Mental Health Day Resources: <ul style="list-style-type: none"> Mental Health VS Mental Illness Learn What is Available to You: Maplewoods Centre for Family Therapy and Child Psychology 	11 <ul style="list-style-type: none"> Understanding Anxiety and Depression
14 	15 <ul style="list-style-type: none"> Take Your Break Event for All Employees SafeTALK Suicide Prevention Training Free In-Person Yoga 	16 <ul style="list-style-type: none"> Noon Hour Walk in the Arboretum 	17 <ul style="list-style-type: none"> Art on Campus: Tour of the Fall Exhibition Season at the Art Gallery of Guelph 	18 <ul style="list-style-type: none"> Steps for Supporting a Colleague in Distress
21 <ul style="list-style-type: none"> Beyond the Books Mental Health Literacy Training 	22 <ul style="list-style-type: none"> Mindfulness and Mitigating the Response to Stress Free In-Person Yoga 	23 <ul style="list-style-type: none"> Noon Hour Walk in the Arboretum 	24 <ul style="list-style-type: none"> Reducing Stress in the Workplace for Leaders 	25 <ul style="list-style-type: none"> Shadow Self Poetry Workshop Equity Essentials – Call it out? Identifying and Responding to Microaggressions
28	29 <ul style="list-style-type: none"> Free In-Person Yoga 	30 <ul style="list-style-type: none"> Cultivate: Exploring the Power of Herbs with Interactive Tea Blending Noon Hour Walk in the Arboretum 	31 <ul style="list-style-type: none"> Order Gryph Post Candy Grams for Halloween! (Orders due Oct. 21) 	