**Spirituality**

Ways to get involved, seek support, and explore!

**Personal Support and Spiritual Guidance** [1]
Meet with staff members for spiritual guidance and personal support from Jewish, Christian, Catholic, Muslim, Hindu, and those of no particular faith.

**Multi-Faith Resource Team** [2]
This group of leaders and representatives from a number of diverse communities work together to meet the religious and spiritual needs of all students.

**Ask Big Questions** [3]
Do you have big questions about your life that you want answered? On Thursday of every month students get together to think about life's big questions.

**Campus Ubuntu** [4]
Learn about ubuntu and celebrate diversity.

**Guelph Campus Ministry** [5]
Visit this Christ-centred fellowship group on the second floor of the Raithby House, or visit their page for a list of regular activities.

**Guelph Hillel** [6]
Check out this student-run organization that provides students with opportunities to celebrate and explore their Jewish identities.

**Guelph Sikh Students Association** [7]
For those of the Sikh Faith, this group will keep you updated with meetings, discussions, and events that are planned throughout the year.

**Radical Connections** [8]
Weekly gathering's to explore your faith questions, concerns, and struggles.

**The Hindu Society of Guelph** [9]
Cultural and religious activities related to the practice of the Hindu way of life.
Yoga [10]

Register for a Yoga class at the Fitness Centre.

Classical Yoga for Total Health and Awareness [11]

Throughout the summer and school semesters, grab some friends and participate in classical yoga for total health and awareness on campus for free.

© 2019 University of Guelph
Source URL: https://www.uoguelph.ca/mentalwellbeing/get-well/get-help

Links
[1] https://www.uoguelph.ca/mentalwellbeing/personal-support-and-spiritual-guidance
[8] https://www.facebook.com/groups/571123959646106/