

NOVEMBER 2026

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NEW Days Anxiety Skills & Strategies \$ Campus Flu Shot Clinic	3 Campus Flu Shot Clinic	4 The Anger 'Iceberg': Signal or Saboteur?	5 Supporting a Colleague's Mental Health: Recognize, Respond, Refer	6 Pop Up Employee Colouring and Connect
9 Inclusive Leadership in Action: Embedding Anti-Oppression and Anti-racism in Decision Making Campus Flu Shot Clinic	10 Strength Training for Runners	11 Remembrance Day myUPP Member Portal/Pension Estimator Session Decreasing Headaches \$	12	13 Respectful Relationships in the Workplace
16 National Addictions Awareness Week Campus Flu Shot Clinic	17 Evidence-Based Strategies to get Better, Restful Sleep Resource Highlight: Smoke Free Campus	18 Resource Highlight: Gambling, Gaming and Technology Use Contributing to Psychological Safety as a Team Member	19 Addictions at Work: Substance Use and Behavioural Addictions	20 Neuro-Inclusion for Employees and Human Rights Protections
23 Equity Essentials: Intersectional Allyship	24	25 Kids, Phones & the Digital World: What Every Parent Needs to Know	26 U of G on Tour: Get to Know Your Guelph Athletics & Recreation Facilities Leading at the U - Exploring Leadership Scenarios	27 Resource Highlight: McLaughlin Library Guide for U of G Staff Resource Highlight: Nominate a colleague for the "G" Thanks! Prize
30 Equity Essentials: Call it out? Identifying and Responding to Microaggressions				

A December 2026 Wellness Calendar will not be published. Instead, drop by the Gryphon Centre Arena between 11:00 am and 12:50pm on Thursday, December 17th for recreational skating and to sip on some hot chocolate as we ease into the holiday season. [Register now](#) to help us estimate hospitality!