

SEPTEMBER 2026

Wellness@Work Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7 Labour Day	8	9 Community Breakfast	10 World Suicide Prevention Day Register for suicide prevention training through Student Wellness.	11 Resource Highlight: Explore your Employee and Family Assistance Program for well-being support!
14 NEW Days	15	16 Mental Health First Aid Day 1 (2-Day Certification Program)	17 U of G on Tour: Trial Gardens	18 Improving Workplace Communication
21 World Gratitude Day Gratitude in the Workplace Human Rights Fundamentals: Addressing Discrimination and Harassment on Campus	22 Neuro-inclusion for Leaders U of G on Tour: Behind the Scenes Luckevich Pinchin Honey Bee Research Centre	23 Mental Health First Aid Day 2 (2-Day Certification Program) Break the Anxiety-Procrastination Cycle \$	24 U of G on Tour: Behind the Scenes at the Guelph Food Innovation Centre	25 Ambiguous Grief
28 U of G on Tour: Get to Know Your Campus Athletics & Recreation Facilities	29 Relaxation, NSDR, & Stress Management Skills \$	30 National Day for Truth and Reconciliation and Orange Shirt Day	Weekly Occurrences: • Every Tues: Free in person Yoga • Every Wed: Noon Hour Arboretum Walks • Every Mon & Thurs: Campus Food Market	



Learn more and register online
uoguelph.ca/wellnessatwork/

