



July August 2024

Monday Virtual Only	Tuesday: DWC available virtually	Wednesday	Thursday	Friday
1 Canada Day! University Closure	2 Welcome Students!	3 	4	5 
8 Aaniish naa visits: Meet with the Dibaadan Wellness Coordinator (DWC) for Wholistic Wellness Planning	9 Mental Health and Wellbeing (MHW) Staff drop-in F215 1130 to 1pm	10 <b>Drop-in smudge</b> 9 to 930am B210-J <b>Mino Bimaadziwin Drop-In 11:30am to 1pm F215</b>	11 MHW Staff drop-in 1130 to 1pm F215 <b>Trail walk</b> 12 to 1pm Meet in F215	12 <b>Drop-in smudge</b> 9 to 930am B210-J <b>Mino Bimaadziwin Drop-In 11:30am to 1pm B210-J</b>
15 Aaniish naa visits available this week	16 MHW Staff drop- in 1130 to 1pm F215	17 <b>Drop-in Smudge</b> 9 to 930am B210-J <b>Mino Bimaadziwin Drop-In 11:30am to 1pm F215</b>	18 MHW Staff drop-in 1130 to 1pm F215 <b>Trail Walk</b> 12 to 1pm Meet in F215.	19 <b>Drop-in smudge</b> 9 to 930am B210-J <b>Mino Bimaadziwin Drop-In 11:30am to 1pm B210-J</b>
22 Aaniish naa visits available this week	23 MHW Staff drop- in 1130 to 1pm F215	24 <b>Mino Bimaadziwin Drop-In 11:30am to 1pm F215</b>	25 MHW Staff drop-in 1130 to 1pm F215 <b>Trail Walk</b> 12 to 1pm Meet in F215 Find a wild columbine flower →	26 
29 	30 MHW Staff drop- in 1130 to 1pm F215	31 MHW Staff drop- in 1130 to 1pm F215	1 MHW Staff drop-in 1130 to 1pm F215	2 Last Day of Indigenous Education Program Classes!

Email [mhwellbeing@nipissingu.ca](mailto:mhwellbeing@nipissingu.ca) or visit [www.nipissingu.ca/dibaadan](http://www.nipissingu.ca/dibaadan) for more information.