

## Seneca Let's Talk

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Seneca Let's Talk is all about challenging the stigma that surrounds mental health issues and encouraging open, honest conversations. At Seneca, we take part because supporting each other and creating a safe space to talk makes a real difference in our community. Help us 'Sting the Stigma' by speaking up about mental health, reducing misconceptions, and showing that it's okay to ask for help and offer support.

## Varsity Basketball Games

- 🕒 Tuesday, Jan. 20
- 🕒 Varsity Basketball vs. Georgian College
- 🕒 King Campus
- 🕒 6 p.m. & 8 p.m.

Join us at the games and take part in mental health awareness activities as part of Seneca Let's Talk week. Grab your Bell Let's Talk swag while supplies last.

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## Main Event: Seneca Let's Talk Day

- 🕒 Wednesday, Jan. 21
- 🕒 11 a.m. – 2 p.m.
- 🕒 All campuses

Stop by the Seneca Let's Talk information table at your campus to explore activities and events unique to each location. **Candlelight yoga will also be offered.**

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## Seneca Let's Talk: Connection Cafe

- 🕒 Wednesday, Jan. 21
- 🕒 11 a.m. – 2 p.m.
- 🕒 King Campus: Athletics Centre Front Desk

☒ **Newnham Campus:** Residence Lobby

☒ **Seneca@York Campus:** Recreation Centre Lobby

Join us for tea and snacks, Bell Let's Talk swag while supplies last, and a leave-a-note, take-a-note activity in support of mental health. Consent@Seneca will help spark conversation around healthy team relationships, invite you to share your thoughts through a creative activity, and highlight their events and initiatives available on campus.

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## Candlelight Yoga

Take a moment to relax, breathe, and support your mental health with candlelight yoga offered across all campuses.

☒ **Wednesday, Jan. 21**

☒ **King Dance studio:** 12:15 – 1:15 p.m.

☒ **Newnham Fitness studio:** 3:30 – 4:30 p.m.

☒ **Seneca@York Campus:** Time TBD

tags : athletics, recreation, student-news