

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.

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.**

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.

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