Thrive is Back!

Thrive is a series of events focused on building positive mental health for University of Waterloo students, faculty, and staff. Thrive is also a mindset that encourages you to flourish. We all have mental health, and we can each strengthen our mental health by learning about it, thinking about it, talking about it, and discovering new skills and resources to help us Thrive all year long.

Our Winter Thrive Day is Monday, February 11, 2019

› **Wear your Thrive t-shirt** to show your support.
› **Positivitea with Feds** - 10:00 a.m. to 2:00 p.m. in the DC Library Foyer.
› **Free Fair Trade Tea & Coffee** for the week along with oatmeal and toppings for graduate students at the Graduate House.
› **More Feet on the Ground Mental Health Training for Faculty and Staff** - 2:00 p.m. to 4:30 p.m. Register on LEADS.
› **Coping Skills - Empowering Habit Change Seminar for Students** - 4:00 p.m. to 5:00 p.m. Register on LEADS.

Learn more
uwaterloo.ca/cw/thrive