Get Ready to Thrive!

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 Spring Thrive Day is Wednesday, June 19, 2019

Wear your Thrive t-shirt to show your support and check out the website for ways to get involved

Learn more
uwaterloo.ca/cw/thrive