

2020 BCIT Wellness Calendar

January	February	March	April	May	June
Bell Let's Talk Day – Jan 29th National Non-Smoking Week – Jan 19 – 25th	World Cancer Day – Feb 4th Heart & Stroke – Heart Month	Nutrition Month	World Health Day – Apr 7th	World Asthma Day – May 5th Mental Health Week – May 4th to 10th	Stroke Awareness Month
Bell Let's Talk Day Resource Fair Burnaby Great Hall January 28, 2019	Mental Health First Aid 2 day Workshop February 20 th & 21 st (session is full)	Mental Health First Aid 2 day Workshop March 3 rd and 4 th (session is full)	Health Risk Assessment On-line Activity All Campuses Info on Registration	Not Myself Today – Learning the Basics Webinar May 19, 2020 Register	Stroke Awareness Information Articles
i-Volve Cognitive Behavioural Therapy for Depression & Anxiety On-line Activity All Campuses Info on Registration	Managing Your Money Webinar All Campuses February 19, 2020	Not Myself Today – Emotional Intelligence On-line Activity All Campuses Info on Registration	Foundations of Effective Parenting Online Activity All Campuses Info on Registration	Building Resilience in the Face of COVID-19 Webinar May 21, 2020 Register	Stop Smoking Online Activity All Campuses Info on Registration
Mental Health First Aid 2 day Workshop January 21 st & 22 nd (session is full)	World Cancer Day Articles	Jumpstart to Wellness Activity All Campuses Info on Registration	World Asthma Day Articles	MindWellU Webinar May 7, 2020 Register	Preparing for your Retirement Online Activity Info on Registration
	Heart Month Articles			The Truth About Credit Webinar May 25, 2020	Establishing Work/Life Harmony Webinar June 24, 2020

July	August	September	October	November	December
International Self-Care Day – July 24th	International Overdose Awareness Day – Aug 31st	Arthritis Month Suicide Prevention Day – Sept 10th World Alzheimer’s Day – Sept 21st	Mental Illness Awareness Week – Oct 4th to 10th Breast Cancer Awareness Month	World Diabetes Day – Nov 14th	
Resolving Conflict in Intimate Relationships Online Activity All Campuses Info on Registration	Not Myself Today – Addressing Stress Webinar August 18, 2020 Registration	Anxiety, Depression & COVID-19 – Supporting Yourself and Others Webinar September 1, 2020 Registration	<h1>Coming Soon!</h1>		
Homewood Health Orientation Webinar July 15, 2020	Taking Control of Alcohol Use Online Activity All Campuses Info on Registration	World Alzheimer’s Day Online information			
Self-Care Articles	Homewood Health Employee Orientation Webinar Aug 12 th or 26 th Info on Registration	Arthritis Awareness Month Articles			
Self-Care Strategies during COVID-19 Webinar July 24, 2020	Internation Overdose Awareness Day Article	Taking Control of Stress Online Activity All Campuses Info on Registration			