Hi Everyone,

Please join your fellow students, staff and faculty in some of the health & wellness related events and activities happening this month.

**November Events**

* **Student Health & Wellness Open House**: Come meet the law school's Peer Mental Health Program Mentors and other students from the Student Health & Wellness Committee. Learn more about the programs and activities planned for this year and how to get involved. Anyone interested in having a Peer Mental Health Mentor or being a Mentor is especially encouraged to drop in to chat more about the program or grab an info sheet. Come by the Rowell Room on **Tuesday, November 13th** in the Rowell Room from 12:30-2pm. There will be tea and cookies available!
* **Drop-In Guided Meditation Session:** On **Wednesday, November 14th** we are offering another opportunity to join in a group guided meditation. From 1:00pm-1:30pm in the Multi-faith/Quiet Room. No experience necessary! Come spend a few minutes to take a break, relax, and build those mindful skills to improve your focus and well-being.
* **Exam Prepartion Session:** Calling all 1Ls! Join Assistant Dean Faherty, Professor Sophia Moreau, and Yukimi Henry, to learn practical strategies for writing a law school exam, understanding the grading structure, and how to manage exam stress. **Thursday, November 15th f**rom 12:30pm-2pm in J140.
* **Student Health & Wellness Committee** meeting: Join fellow students in planning a variety of fun events and programs to promote health & well-being. **Thursday, November 22nd** from 12:30-2pm in J225. Lunch will be provided.
* **Doggy Day!**: Borrow a furry friend from a faculty, staff or student at the law school during this popular event on **November 22nd.** Sign up sheets to walk one of the doggie visitors will be circulated by email prior to the event. For any questions contact Sara Marni Hubbard at sara.hubbard@utoronto.ca.
* **SafeTALK workshop:** Join us on **November 23rd** in building a healthy UofT law community by taking part in the first in a series of safeTALK trainings. Learn how to identify signs that someone may be thinking about suicide and build the skills to connect them to life-saving resources. Learn more and register here: [https://www.eventbrite.ca/e/safetalk-at-uoft-law-tickets-51948558537](https://www.eventbrite.ca/e/safetalk-at-uoft-law-tickets-51948558537" \t "https://outlook.office.com/owa/?realm=utoronto.ca&path=/mail/_blank). Use password 'uoftlaw' to register.
* **Mindful Mondays** **"Enhancing Concentration & Focus through Mindfulness":** Just in time for exams, learn from our expert facilitator all about using mindfulness skills and practice to enhance your cognitive efficacy. **Monday, November 26th** from 12:30-2:00pm in J225. Lunch will be provided. Registration is required: [https://www.eventbrite.ca/e/uoft-law-mindfulness-program-improving-concentration-focus-tickets-52059515412](https://www.eventbrite.ca/e/uoft-law-mindfulness-program-improving-concentration-focus-tickets-52059515412" \t "https://outlook.office.com/owa/?realm=utoronto.ca&path=/mail/_blank)
* **Dodgeball**: Organized by the UofT Law Athletics Association, a fun opportunity to de-stress by throwing balls at your friends, faculty and law school staff. Friday, November 16th from 6:30pm-8:30pm at the Hart House gym. Sign up here: [https://docs.google.com/forms/d/e/1FAIpQLSfVnm7GRlozkoT0Dn3Mb0UKCR8jIyoStJfeHzwrToYY\_DtkcQ/viewform?usp=sf\_link](https://docs.google.com/forms/d/e/1FAIpQLSfVnm7GRlozkoT0Dn3Mb0UKCR8jIyoStJfeHzwrToYY_DtkcQ/viewform?usp=sf_link" \t "https://outlook.office.com/owa/?realm=utoronto.ca&path=/mail/_blank) Contact the althetics association at [uoftlawathletics@gmail.com](mailto:uoftlawathletics@gmail.com) for more details.
* **Test & Exam Services Registration:** For students registered with Accessibility Services who have testing accommodations as part of their accommodation plan, registration with Test and Exam Services (TES) is required to access those testing accommodations. The deadline to register with TES for the December exam period is November 16th. Registration is on-line: [https://www.ace.utoronto.ca/tes/register.html](https://www.ace.utoronto.ca/tes/register.html" \t "https://outlook.office.com/owa/?realm=utoronto.ca&path=/mail/_blank)

For any questions or more information about these events please contact Yukimi Henry at yukimi.henry@utoronto.ca