**UofT Faculty of Law WELLNESS WEEK 2018**

**FEBRUARY 5TH - 9TH**

**Monday, February 5th**

**Second annual Mental Health Awareness Art Installation Project.**

This year, the Project hopes to showcase ways in which students, staff and faculty pursue mental health, wellness and joy. In particular, the Project hopes to highlight the ways in which the students, staff and faculty of the law school pursue and find joy. The goal of this project is to show our community what joy looks like and feels like to each of us. Joy and wellness means something different to everybody and we are asking students, staff, and faculty to share a snap shot of it means to them. This snapshot can be in the form of a painting, a recipe of a favorite treat, a favorite song lyric, an essay, a line of prose, or a photograph of someone special.

We ask that submissions stick to 5’x5’ dimensions. The submissions can be made to Yukimi Henry either in person at Flavelle Room 210 or by email to [yukimi.henry@utoronto.ca](mailto:yukimi.henry@utoronto.ca" \t "https://outlook.office.com/owa/?realm=utoronto.ca&path=/mail/_blank). Submissions will be displayed anonymously unless specifically requested. The submissions will be displayed at the law school from February 5, 2018 to February 8, 2018. The Mental Health Awareness Art Installation Project will also include mental health awareness messages.

In addition, on Monday February 5, 2018 at lunchtime, the Faculty’s artist-in-residence, Tanya Murdoch, will lead two different interactive art exercises which will give students the opportunity to partake in a quick empathy exercise and to contribute to a larger community mural.

Help us to create something special that illustrates how each of us find joy in our own ways. We look forward to your submissions

**When: Submission accepted until Friday, Feb. 2nd**

**Interactive Art Activity, Monday Feb. 5th 12:30-2:00pm**

**Where: Rowell Room**

**Tuesday, February 6th**

**Mindful Tuesday Guided Meditation**

Take a moment to mind your mind during Wellness Week’s Mindful Tuesday. Elli Weisbaum will return to facilitate a mindful lunch hour, open to all levels of interests and experience.

Mindfulness is the ability to be aware of, and presently engaged in our current experiences, thoughts, and emotions. With the growing evidence-base, Mindfulness has been linked to decreased stress levels, better focus, and an overall greater level of brain functioning!

Whether you’re new or experienced in mindfulness practice, take a moment to connect with staff, faculty, and students by registering for Mindful Tuesday by emailing [wellness.law@utoronto.ca](mailto:wellness.law@utoronto.ca" \t "https://outlook.office.com/owa/?realm=utoronto.ca&path=/mail/_blank) . Registration is required and spaces are limited!

**Where: John Willis Classroom, Flavelle House**

**When: Tues, Feb. 6th 12:30-2:00pm**

**A light lunch will be served.**

**Run & Reception Event**

Start 2018 on the right foot and join the UofT Law Run Club for its inaugural Wellness Week Run & Reception! We'll be kicking things off with a 5km run, open to all running abilities, followed by a reception with snacks and refreshments.

The reception will also feature a talk from our special guest, Laurelly Dale. A criminal and civil litigator with over 10 years of experience, Laurelly will discuss how and why she balances her busy work life with training for and running road races - including three Boston Marathons.

This event will be a great opportunity to connect with the UofT and wider legal community, while learning strategies for combining an active lifestyle with a career in law. As an added bonus, when you register for this or any other Wellness Week event, you can enter to win **free Follies tickets**!!

All U of T law students, faculty, alumni, friends and family are welcome!

**When:**  Tuesday, February 6th, 6:30pm - 9pm

**Where:** Jackman Law Building, in the Flavelle Fireplace Lounge

**Wednesday, February 7th**

**Mental Health & Legal Practice Speaker Panel**

Join the conversation about mental health in the legal profession. Prominent practicing lawyers, **Orlando Da Silva** and **Breese Davies**, will be speaking about their own lived experiences of mental health challenges and how they navigate the demands of legal practice while maintianing their own health and well-being.

**Orlando Da Silva** was called to the Bar in 1995. Orlando is senior counsel in the Crown Law Office – Civil, Ministry of the Attorney General of Ontario. He was recognized with a Law Society Medal in 2016 for his outstanding practice and service in the legal profession, and has been named one of the Top 25 most influential Lawyers in Canada by Canadian Lawyers magazine in 2015. Orlando has been at the forefront of mental health and mental illness in the legal profession, sharing his own experiences and struggles, particularly in his role as past president of the Ontario Bar Association.

**Breese Davies** was called to the Bar in 2000. Breese practices in the areas of criminal, constitutional, administrative and regulatory law and has appeared at all levels of the court. She is the current Constitutional Litigator-in-Residence at the David Asper Centre for Constitutional Rights at the Faculty of Law. Breese is also the Vice President of the Criminal Lawyers’ Association, the first ever female lawyer to hold this position.

**When: Wednesday, Feb. 7th, 12:30-2:00pm**

**Where: J230**

**A light lunch will be served.**

**Thursday, February 8th**

**Tea & Crafts**

Take a break, change the pace, connect and de-stress! Join us for a tea and cookies and take a few minutes to colour, fold some origami, or just doodle. Stop by and we’ll provide the refreshments, markers, colouring books and good company.

**When: Thursday, Feb. 8th, 12:30-2:00pm**

**Where: Rowell Room**

**Tea and cookies will be served.**

**Friday, February 9th**

Celebrate the end of Wellness Week by taking part in our **Winter Pool Party!**

Who says staying active can't be a whole lot of fun? Join fellow students and the Health and Fitness Organization for a law school pool party at the Athletic Centre pool from 3-5pm on Friday, February 9th. There will be beach balls, floaties and an opportunity to hang out and enjoy some smoothies and other healthy snacks.

The pool will be reserved for law students only from 3-4pm  and a room at the A/C is booked for enjoying smoothies and snacks from 4-5pm. Registration is required so please sign up to join the fun!

**When: Friday, Feb. 9th 3-5pm, swimming/floating 3-4pm**

**Where: UofT Athletic Centre Pool and reception room**

**Snacks will be served.**

We encourage the entire law school community to identify their own version of being well and to seek the opportunities and supports to achieve their own best version of themselves. Embracing a broad and diverse notion of wellness, check out the other activites happening this week that promote well-being:

* Faculty of Law **Blanket Exercise**, Monday Feb. 5th from 12:30-2:00pm

Register by contacting Amanda Carling, [amanda.carling@utoronto.ca](mailto:amanda.carling@utoronto.ca)

* **Law Follies** - laughing at ourselves and building community! Thursday, Feb. 8th 7pm at the Opera House.

**Enter for a chance to win 2 FREE tickets to Law Follies!! Register for any Wellness Week event or fill out a ballot at one of the activities. Two students will receive free tickets, winners will be notified on Wednesday, Feb. 7th!!**