

WORLD MENTAL HEALTH DAY

Putting your mental and physical health first.



Join the Student Wellness and Accessibility Centre (SWAC) on October 11th to learn about services that are available at Humber to support you in prioritizing your mental health and well-being.

OCTOBER 11TH
11:00AM-12:30PM
**AT THE E-
CONCOURSE AREA**
(NORTH CAMPUS)

A great opportunity to connect with others and engage in activities as well as mental health discussions.