



# MONTHLY Splash



## HIGHEST ENGAGEMENT

### TAKE BACK THE NIGHT

ATTENDANCE: 355

Take Back the Night recognizes that people of all genders can experience sexual assault and other forms of sexual violence, and we march in support for all survivors.

This collaborative initiative developed with representation from:

- Consent Peer Education Program
- IGNITE
- Guelph-Humber Student Life
- Centre for Human Rights, Equity & Inclusion
- Health & Counselling
- Indigenous Education & Engagement
- BSSE
- LGBTQ+ Resource Centre
- Residence Life

Source: Eventbrite



## NOTABLE EVENTS

### SWEL'S SERVICE FAIR: SWAC BOOTH

A focus on **well-being and social connection**, this fair was a perfect event to promote services and resources available to students throughout their time at Humber. In addition to learning about these wonderful services, students had the opportunity to engage in **wellness activities** and leave with some awesome **swag items**.



### EMBRACE & EMPOWER: THRIVING AS A MATURE STUDENT

Hosted by the **Office of the Dean of Students** in partnership with the **Spirituality and Wellness Centre** and the **Humber Mature Student Success Club**, our wonderful services staff and our upper-year mature student leaders led an empowering panel discussion highlighting all the available resources available for support. The event wrapped with an inspiring wellness session focused on nurturing their well-being.

# TOP VIDEOS

MOST VIEWS, AND CREATING THE BIGGEST BUZZ ON CAMPUS!

### #STUDENTSPOTLIGHT

### #MYHEALTHYHUMBER

## #SPORTSUPDATE



**MEN'S SOCCER FALLS IN OCAA FINAL TO CONESTOGA**



**WOMEN'S SOCCER CAPTURES OCAA SILVER MEDAL**

\*Click title for full article

## #QUOTEOFTHEMONTH

“ It does not matter how slowly you go, so long as you do not stop. ”  
-Confucius

## NOVEMBER EVENTS

\*EVENT TITLES HYPERLINKED WHEREVER AVAILABLE



### NORTH

**6** **MIX & MINGLE: SWC & INTERNATIONAL CENTRE**  
12:00 pm - 2:00 pm  
LRC 2112

**7** **NERF GAMES**  
11:00 am - 2:00 pm  
Main Gym - A Building

**7** **SWAC-FLU CLINIC DROP-IN**  
9:00 am - 3:00 pm  
SWAC LRC 2nd floor

**14** **DROP-IN PICKLEBALL** **SWAC-FLU CLINIC DROP-IN**  
11:00 am - 9:00 am  
2:00 pm - 3:00 pm  
Main Gym - A Building

**13-17** **VOLUNTEER RECRUITMENT WEEK**

**15-17** **INDIGENOUS KNOWLEDGES GATHERING**  
Various times/locations at the link.

**18** **HUMBER OPEN HOUSE (INTERNATIONAL STUDENTS)**  
10:00 am - 2:00 pm

**21-23** **LAST CALL FOR FALL (Academic support and stress relief activities)**

**21** **LEARN TO PLAY: VOLLEYBALL & SITTING VOLLEYBALL**  
11:00 am - 2:00 pm  
Main Gym - A Building

**29** **APA ESSENTIALS WORKSHOP**  
2:00 pm - 3:30 pm  
LRC 3083

### LAKESHORE

**7** **MIX & MINGLE: SWC & INTERNATIONAL CENTRE**  
12:00 pm - 2:00 pm  
G Commons

**7** **LET'S GET DIGITAL: TIPS FOR ONLINE LEARNING**  
10:00 am - 11:00 am

**9-10** **SWAC-FLU CLINIC DROP-IN**  
9:00 am - 3:00 pm  
WEL building, 2nd floor, Student Life (opposite the Health Centre)

**7** **MICRO MINDFULNESS EXERCISES**  
12:00 pm - 1:00 pm

**9** **DIWALI FESTIVAL OF LIGHTS**  
4:00 pm - 7:00 pm  
G Building

**14** **BODY MINDFULNESS MEDITATION**  
1:30 pm

**18** **HUMBER OPEN HOUSE (INTERNATIONAL STUDENTS)**  
10:00 am - 2:00 pm

**21** **MEET YOUR EQUITY AND STUDENT LIFE TEAM**  
11:00 am - 12:30 pm

**21-23** **LAST CALL FOR FALL Academic support and stress relief activities**

**21** **GROWTH MINDSET**  
11:00 am - 12:00 pm

INTERESTED IN SHARING YOUR HIGHLIGHTS & EVENTS IN OUR NEWSLETTER?

Email us at [tannaz.barati@humber.ca](mailto:tannaz.barati@humber.ca)