1. CALL TO ORDER
Call to Order – 12:35pm

2. TERRITORIAL ACKNOWLEDGMENT
We acknowledge that this meeting is being conducted on the unceded territories of the Coast Salish peoples; which, to the current knowledge of the Society include the Squamish, Musqueam, Stó:lo, and Tsleil-Waututh people.

3. ROLL CALL OF ATTENDANCE
   3.1 Committee Composition
   VP External Relations (Chair) ......................................................... Prab Bassi
   At-Large Representative ................................................................. Raajan Garcha
   Board of Directors Representative ................................................. Jamie Zhu
   Board of Directors Representative ................................................. Aarushi Sharma
   Board of Directors Representative ................................................. Parham Elmi
   Student At Large ................................................................. Ashti Bidessie
   Student At Large ................................................................. Kia Mirsalehi
   Student At-Large ................................................................. Kush Chokshi
   Student At Large ................................................................. Mohammed Ali
   Student At Large ................................................................. Natalia Gretskaia

   3.2 Society Staff
   Campaign, Research, and Policy Coordinator ......................... Pierre Cassidy
   Administrative Assistant ............................................................. Nadine Ratu

   3.3 Regrets
   Student At Large ................................................................. Ashti Bidessie

   3.4 Absents
   Student At Large ................................................................. Kia Mirsalehi

4. RATIFICATION OF REGrets
4.1 MOTION ADV 2018-03-05:01
   Jamie/Aarushi
   Be it resolved to ratify regrets from Ashti Bidessie.
   CARRIED

5. ADOPTION OF THE AGENDA
5.1 MOTION ADV 2018-03-05:02
   Aarushi/Kush
   Be it resolved to adopt the agenda as amended.
   CARRIED AS AMENDED
• To remove discussion 8.1 BC Provincial Lobby Trip

*Natalia Gretskaiia arrived at 12:38pm*

6. MATTERS ARISING FROM THE MINUTES

6.1 MOTION ADV 2018-03-05:03
Kush/Parham
Be it resolved to receive and file the following minutes:
• Advocacy Committee 2018-02-05
CARRIED

7. NEW BUSINESS

7.1 Mental Health Project – MOTION ADV 2018-03-05:04
Kush/Jamie
Be it resolved to approve up to $7350 from line item 820/20 for the SFSS Advocacy Mental Health project event.
Be it further resolved to appoint Aarushi Sharma lead.
CARRIED
• Refer to attachment

*Mohammed Ali arrived at 12:48pm*

• Raffle at the end of the workshop
• Committee to connect with OOC, Women’s Centre, clubs, Student Athlete Committee (SAC), and Student Health Advisory Committee (SHAC) for promotional assistance
• Suggestions:
  o To ask board to end meeting earlier and help clean up after the event
  o To incorporate balloons into decoration and to give out raffle tickets as a “ticket” for the food
  o To extend the invitation for outside of the SFU community
• Committee to increase promotional material budget by $200 for banner
• Maximum attendance is 80 people and will pick up extra food on the day of if it exceeds the maximum amount
• Committee to be responsible for composing a list of raffle prizes, mental health resources, promotion, and assistance
• Event page to launch either Wednesday or Thursday
• Total budget to be changed to $7350
• Amendment: change $7000 to $7350

7.1.1. MOTION ADV 2018-03-05:05
Aarushi/ Mohammed
Be it resolved to amend the above motion.
CARRIED
8. ATTACHMENTS
   • MENTAL HEALTH MARCH Proposal finalGrantsNowADVProposal.PDF

9. ADJOURNMENT
   MOTION ADV 2018-03-05:06
   Kush/Natalia
   Be it resolved to adjourn the meeting at 1:32pm
   CARRIED
MENTAL HEALTH WORKSHOP Proposal

By Aarushi Sharma

OBJECTIVE:
For students to excel in academics and have a positive social atmosphere both at home and school we must shed light on the importance of mental health in our daily lives. Therefore, I am proposing an event around mental health, specifically around the resilience, destressing, and stigma around mental health. I have envisioned a mental health workshop presented by facilitator from CMHA which is the Canadian Mental Health Association who can speak to this issue.

Brief overview of the workshop:
● Definition of stress
● Stress management
● Definition of resilience
● How stress levels affect our moods
● Self care and healthy lifestyle
● Brainstorming session
● Activities will be decided after the presentation according to site design response

Stakeholders:
Advocacy Committee
Events Committee
Hi-Five Club

Dates/Time
March 23rd, Friday (end of Me Week)
3:30pm-6:30pm

Locations:
Diamond Family Auditorium

Presenter
CMHA Mental Health Workshop

Logistics/Planning
3:00-3:30 pm Refreshments/Settling in
3:30 pm Event starts
5:00 pm Break (Cookies/Dessert)
6:30 pm Food served (wraps)
6:30 pm-7pm clean up
**Promotions/Marketing**

**Marketing**
- SFSS website
- Instagram
- SHAC website
- Facebook
- Mass emails
- Posters
- Pamphlets (given during Me Week and other SFSS events)
- Contacting Professors

**Promotions**
- SHAC
- Hi-Five
- In person Promotion
- Online promoting
- Putting up posters
- SFSS
- Women’s Centre
- Out on Campus

**Budget**
(number of attendees ~100)

<table>
<thead>
<tr>
<th>Items</th>
<th>Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Décor</td>
<td>$300</td>
</tr>
<tr>
<td>Stress Balls</td>
<td>$700</td>
</tr>
<tr>
<td>Facilities fees (AV)</td>
<td>$600</td>
</tr>
<tr>
<td>DAF fees</td>
<td>$200</td>
</tr>
</tbody>
</table>
| Coffee/Refreshments/Food (MECS) Around 80 people | Classic boxed lunches (wraps) - 80 x $10.99 = $879.20  
  - Iced tea, lemonade, pink lemonade (2 of each) - 6 x $12.99 = $77.94  
  - Coffee carafe - 9 x $18.99 = $170.91  
  - Cookies (15 of each of the 4 types of cookies) - 60 x $1.79 = $107.40  
  - Dessert Station - 80 people x $4.49 = |
<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>$359.20</td>
</tr>
<tr>
<td>- Total: $1581.66 ---&gt; $2000</td>
<td></td>
</tr>
<tr>
<td>Promotional Material</td>
<td>$550</td>
</tr>
<tr>
<td>- Booklet</td>
<td></td>
</tr>
<tr>
<td>- Banner</td>
<td></td>
</tr>
<tr>
<td>- Posters</td>
<td></td>
</tr>
<tr>
<td>- Handouts (for HiFive Meweek)</td>
<td></td>
</tr>
<tr>
<td>- Pamphlets</td>
<td></td>
</tr>
<tr>
<td>Main Presenter fees (CMHA)</td>
<td>$2000</td>
</tr>
<tr>
<td>Prizes for raffle</td>
<td>$500</td>
</tr>
<tr>
<td>Contingency Fee</td>
<td>$500</td>
</tr>
<tr>
<td>Total budget</td>
<td>$7,350</td>
</tr>
</tbody>
</table>