

## 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 ( <i>Chair</i> ) .....	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
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### 3.4 Absents

Student At Large .....	Kia Mirsalehi
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## 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 Gretskaia 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:
  - To ask board to end meeting earlier and help clean up after the event
  - To incorporate balloons into decoration and to give out raffle tickets as a "ticket" for the food
  - 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)

<b><u>Items</u></b>	<b><u>Budget</u></b>
Décor	\$300
Stress Balls	\$700
Facilities fees (AV)	\$600
DAF fees	\$200
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 =

	\$359.20 - Total: \$1581.66 ----> \$2000
Promotional Material <ul style="list-style-type: none"> <li>• Booklet</li> <li>• Banner</li> <li>• Posters</li> <li>• Handouts (for HiFive Meweek)</li> <li>• Pamphlets</li> </ul>	\$550
Main Presenter fees (CMHA)	\$2000
Prizes for raffle	\$500
Contingency Fee	\$500
Total budget	\$7,350