1. CALL TO ORDER
Call to Order – 10:30 AM

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
President (Chair) ................................................................................................. Hangue Kim
VP External Relations .......................................................................................... Prab Bassi
VP Finance .......................................................................................................... Baljinder Bains
VP Student Life ................................................................................................. Alam Khehra
VP Student Services .......................................................................................... Jimmy Dhesa
VP University Relations ...................................................................................... Erwin Kwok

3.2 Guests
Faculty Representative (Applied Sciences) ...................................................... Jeffrey Leung

4. ADOPTION OF THE AGENDA
4.1 MOTION EXECUTIVE 2018-03-06:01
Prab/Baljinder
Be it resolved to adopt the agenda as presented.
CARRIED

5. NEW BUSINESS
5.1 MOTION EXECUTIVE 2018-03-06:01
Prab/Baljinder
Be it resolved to approve up to $7,350 from line item 820/20 for the Mental Health Workshop proposal.
CARRIED

6. ATTACHMENTS
• MENTAL HEALTH MARCH Proposal final.pdf

7. ADJOURNMENT
MOTION EXECUTIVE 2018-03-03:04
Prab/Alam
Be it resolved to adjourn the meeting at 11:00am.
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)

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<tr>
<th>Items</th>
<th>Budget</th>
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<tbody>
<tr>
<td>Décor</td>
<td>$300</td>
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<tr>
<td>Stress Balls</td>
<td>$700</td>
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<tr>
<td>Facilities fees (AV)</td>
<td>$600</td>
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<td>DAF fees</td>
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<tr>
<td>Coffee/Refreshments/Food (MECS) Around 80 people</td>
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<tr>
<td>Classic boxed lunches (wraps) - 80 x $10.99 = $879.20</td>
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<tr>
<td>- Iced tea, lemonade, pink lemonade (2 of each) - 6 x $12.99 = $77.94</td>
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<td>- Coffee carafe - 9 x $18.99 = $170.91</td>
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<td>- Cookies (15 of each of the 4 types of cookies) - 60 x $1.79 = $107.40</td>
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<td>- Dessert Station - 80 people x $4.49 = $359.20</td>
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## Promotional Material
- Booklet
- Banner
- Posters
- Handouts (for HiFive Meweek)
- Pamphlets

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<tr>
<td>Main Presenter fees (CMHA)</td>
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<td>Contingency Fee</td>
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