

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*)Hangué Kim
VP External RelationsPrab Bassi
VP Finance.....Baljinder Bains
VP Student Life.....Alam Khehra
VP Student ServicesJimmy Dhesa
VP University RelationsErwin 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)

<u>Items</u>	<u>Budget</u>
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"> ● Booklet ● Banner ● Posters ● Handouts (for HiFive Meweek) ● Pamphlets 	\$550
Main Presenter fees (CMHA)	\$2000
Prizes for raffle	\$500
Contingency Fee	\$500
Total budget	\$7,350