



Human Resource Services

LUNCH & LEARN

September 2017

12:05 - 12:55 pm

(unless otherwise noted)



****NOTE:** Staff and faculty will receive priority Lunch and Learn registration. Grad students and PDFs will be accommodated only if space permits. Undergraduate students are encouraged to visit the LiveWell website for wellness opportunities for students. To ensure a quality learning environment for all participants, registrants are asked to please arrive at Lunch and Learns on time to minimize class disruption.**

Estate Planning

Ron Graham, EFAP

Thursday, September 7, 2017

Location: Van Vliet Complex, Room 1-662

Creating a thoughtfully organized estate plan can support you in accomplishing life goals and set your mind at ease. Throughout this session participants will gain a better understanding of what defines estate planning. Special consideration will be given to the risks, insurance and documents associated with the estate planning process.

Suicide Awareness: Myths and Facts

Canadian Mental Health Association

Tuesday, September 12, 2017 (12:00-1:00pm)

Location: ED South, Room 277



September 10th is
World Suicide
Prevention Day

Join us at this Centre for Suicide Prevention approved workshop to learn how we should talk about suicide, some common myths and facts, Alberta suicide statistics and information on workshops and resources available.

Unit Action Plans: Preparing for Emergencies on Campus

Linda Hui, Environment, Health and Safety

Tuesday, September 19, 2017

Location: ED South, Room 277

Recent events demonstrate the range in how well people cope with disasters and emergencies. Fortunately, for most of the U of A campus community, our capacity to respond to personal impacts have not been seriously tested. Your unit action plan (UAP) is essential to preparing for emergencies should they occur on campus. U of Alerts is one tool to notify you that an emergency has occurred so that you can act quickly for your safety. Emergency Management will present the video "Shooter on Campus, Know You Can Survive" and share current approaches to responding to an active shooter event.

Bring your lunch and join us for these informative sessions. Seating is limited - please register at www.learningshop.ualberta.ca.