

April

Stress Awareness Month

shu.ac.uk/wellbeing



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Time Management & Organisation 2-3pm, Online	2 Meditation for Wellbeing 1pm Chaplaincy Social Space	3	4
5	6 International Café 7.30pm Owen 744, City Campus	7	8 Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space Motivation and Procrastination 2-3pm, Online	9 Meditation for Wellbeing 1pm Chaplaincy Social Space	10	11
12	13 Bereavement and Me 2-3pm Chaplaincy Social Space International Café 7.30pm Owen 744, City Campus	14	15 Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space 1625 Outreach Team Drop-in 2-4pm, Owen 526b	16 Meditation for Wellbeing 1pm Chaplaincy Social Space	17	18
19	20 International Café 7.30pm Owen 744, City Campus	21	22 Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space Productivity and Focus 2-3pm, Online	23 Meditation for Wellbeing 1pm Chaplaincy Social Space	24	25
26	27 International Café 7.30pm Owen 744, City Campus	28	29 Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space Time Management & Organisation 2-3pm, Online	30 Meditation for Wellbeing 1pm Chaplaincy Social Space		

*Click **hyperlinked** text for more details or make a booking.

** The Multifaith Chaplaincy Social Space is on Level 2, Owen Building, City Campus

Other places to find support or events

Togetherall



Access support 24/7, 365 days a year through Togetherall.

The Skills Centre



Develop academic skills with online resources, 1:1 support and workshops.

Hallam Students' Union



A range of events and societies as well as support from the Advice Centre.

Hallam's Support Hub



See what support is available here at Hallam and find the right service to help.

Sport, Exercise & Active Wellbeing



Classes, club and team sports, relaxed sports, Hallam gym and wellbeing.

GoGlobal Events



Social and cultural opportunities and trips for international students.

Adult Autism & ADHD Support Hub



Mental Health Matters Sheffield events and group activities.

Upcoming Cultural and Religions Celebrations

To all staff and students observing any of the following dates, we wish you a blessed April.

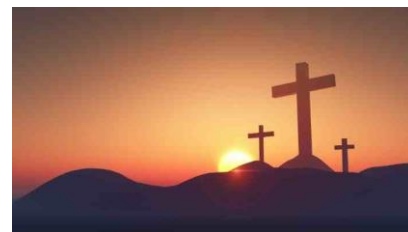
You can link the Hallam Religious and Cultural Calendar to your outlook calendar. Find out how here: [Add this to your Outlook calendar](#)

1st - 9th April



Passover
(Judaism)

3rd April



Good Friday
(Christianity)

5th April



Easter Sunday
(Christianity)

13th - 15th April



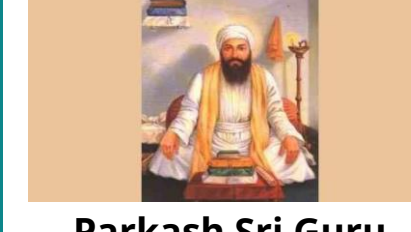
Theravada New Year
(Buddhism)

14th April



Vaisakhi
(Sikhism)

18th April



Parkash Sri Guru Angad Dev Ji
(Sikhism)

21st April - 2nd May



Ridván
(Bahá'í)



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