

February

National Event: [Sexual Abuse & Sexual Violence Awareness Week](#) 2nd – 8th

shu.ac.uk/wellbeing

 @shuchaplaincy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 International Café 7.30pm Owen 744, City Campus	3	4 Wellbeing Wednesday 11am - 2pm, Collegiate and City Yoga for Wellbeing 1pm Chaplaincy Social Space Trauma Informed Yoga 2.15pm Chaplaincy Social Space Managing Study, Deadlines and Assignments 2–3pm, Online	5 Meditation for Wellbeing 1pm Chaplaincy Social Space	6	7
8	9 International Café 7.30pm Owen 744, City Campus	10	11 Yoga for Wellbeing 1pm Chaplaincy Social Space Trauma Informed Yoga 2.15pm Chaplaincy Social Space Productivity and Focus 2–3pm, City Campus Peer Support Check-In 3–4pm, Owen 946, City Campus	12 Meditation for Wellbeing 1pm Chaplaincy Social Space	13	14
15	16 International Café 7.30pm Owen 744, City Campus	17	18 Yoga for Wellbeing 1pm Chaplaincy Social Space Trauma Informed Yoga 2.15pm Chaplaincy Social Space 1625 Outreach Team Drop-in 2-4pm, Owen 526b	19 Meditation for Wellbeing 1pm Chaplaincy Social Space	20	21
22	23 International Café 7.30pm Owen 744, City Campus	24	25 Yoga for Wellbeing 1pm Chaplaincy Social Space Trauma Informed Yoga 2.15pm Chaplaincy Social Space	26 Meditation for Wellbeing 1pm Chaplaincy Social Space	27	28

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 February.

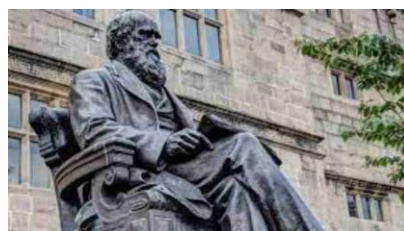
You can follow [@SHUChaplaincy](https://www.instagram.com/shuchaplaincy) on Instagram for more information and events and you can also link the Hallam Religious and Cultural Calendar to your outlook calendar. Find out how here: [Add this to your Outlook calendar](#)

1st February



Imbolc
(Paganism)

12th February



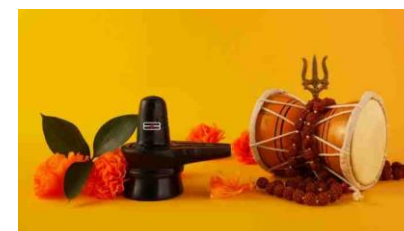
Darwin Day
(Humanist)

15th February



Parinirvana Day
(Buddhism)

15th -16th February



Mahashivratri
(Hinduism)

17th February



Ramadan Begins
(Islam)

17th February



Shrove Tuesday
(Christianity)

18th February



Ash Wednesday & beginning of Lent
(Christianity)

21st February



Parkash Sri Guru Har Rai Ji (7th Sikh Guru)
(Sikh)

25th February – 1st March



Ayyám-i-Há
(Intercalary days)
(Bahá'í)

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