NEW RELEASE! FOR UP-TO-DATE INFO, PLEASE VISIT: HOUSING.UOOGUELPH.CA/EASTSPRING2020
**Weekly Trivia!**
- Every Monday & Thursday test your trivia knowledge by visiting our Instagram page. Questions will be available for 24 hours.
- Upcoming themes: Movies, Harry Potter, Disney and Friends. If there's a theme you'd like to see let us know by leaving a comment on IG page or let us know on Teams.

**Cooking with Marina**
- Live every Tuesday at 11:30 am.
- Join Marina and learn how to make items such as GLAM Hummus, Kale Chips and more!

**Baking with Marina**
- Posted every Friday on Instagram.
- Do you have a passion for baking or always wanted to learn how to bake? Learn how to make items such as: Carrot Cake, Cookies, bread and more!

**Weekly Office Hours**
- Don't forget to check in during office hours for some community conversations and drop-in programming such as JAM sessions with the ARLMs!

**April 6 - 10th: House Calls: Exam Check-ins!**
- ARLMs will be scheduling 1:1's with you to check-in before you start your exams. Check your emails for more information!

**April 8th: Skribbl.io Tournament**
- Log onto Microsoft Teams and join in a Residence wide skribbl.io tournament starting at 6 PM!

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**Summer Housing:**
If you need housing beyond April 29, please complete a Summer Residence Application on the Housing Portal (click here). Please note: no deposit is required and you will be assigned the same unit that you are currently living in.
If at any point in time you are in your townhouse and you hear that your fire alarm is beeping, you should exit the townhouse immediately and call the campus dispatch by dialing 519-840-5000. After receiving your call, the dispatcher will then call the Guelph Fire Department who will attend and inspect the unit for any traces of Carbon Monoxide. Until the townhouse has been inspected by Guelph Fire no one should enter the unit. In the event that the fire alarm has been activated by a fire or an unknown cause, immediately exit the townhouse and call 519-840-5000 so that the dispatcher can call Guelph Fire.

**Kitchen Fire Safety:**
At no time should you leave food that you are cooking unattended. If a kitchen fire starts, it’s important to remember to:
- **turn off the burner** and **covering the fire with a lid** while being careful to not burn yourself.
- If a fire starts in the oven, make sure that you **turn off the oven** and **DO NOT open** the oven door. This will help to contain and put out the fire.

**Reminders:**
Anytime there is a fire of any sort you must exit your townhouse immediately and call 519-840-5000 so Guelph Fire can attend and confirm that there will be no further issues.

For more information on campus safety resources available to you as a student such as campus emergency numbers, emergency alert notifications and a campus safety toolkit, download the Safe Gryphon App!
A STUDENTS GUIDE FOR LEARNING AND SUPPORT FROM HOME

LEARNING SERVICES SUPPORTS
Did you know there are online appointments to help you navigate learning online?

ONLINE APPOINTMENTS INCLUDE:
- Creating & sticking to a schedule
- Reducing Procrastination
- Adjusting to and preparing for online exam formats
- Giving presentations online

Click here to book your online appointment for Learning Services!

Are you feeling overwhelmed?
Check out the Resources listed that are available to you for free!

DR. NEFF GUIDES
Click here to join self-compassion and meditations

Active Mindfulness Meetup Group
Click here to join yoga classes & other mindfulness events

Click here to access Mental health peer support by CMHA

ADDITIONAL SUPPORTS:
Mental Health Crisis Hotline
Here 24/7
1-844-HERE-247

Mental Health Crisis Hotline
text 686868

UofG Student Wellness
Counselling Services

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