

# Exam Care Programming

Check out the Student Wellness Hub's events & workshops this exam season.

[Register on myInvolvement](#)

## April 1-5



- 02/04 Art Hive
- 02/04 Neurodivergent Support Group
- 03/04 Animal Therapy @ Mac
- 04/04 Navigating Wellness
- 04/04 Mastering Your Master's
- 05/04 Student Caregiver Support Group

## April 8-12

- 08/04 Animal Therapy
- 08/04 Let's Get Started for Arts + Sci Students
- 09/04 Mindfulness & Self-Compassion
- 09/04 Neurodivergent Support Group
- 09/04 PhD Support Group

AND  
MUCH  
MORE!

## April 15-19

- 15/04 Animal Therapy
- 15/04 Exam care package giveaway
- 16/04 Caring For Yourself During Exams
- 17/04 Animal Therapy @ Mac



## April 22-30

- 22/04 Animal Therapy
- 24/04 Animal Therapy @ Mac
- 25/04 Exam Care Package Giveaway
- 25/04 Wellness Rewind



## Ongoing Programming

- Stress Busters with McGill Athletics
- Exam Care Package Giveaway

## Wellness Toolkit

- Daily support in the HLA
- keep.meSAFE



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Student Services  
Services aux étudiants



Student  
Wellness Hub

Pôle bien-être  
étudiant

@healthiermcgill  
[mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub)