

# Alberta Doctors' Digest

## University of Calgary Mental Health Week event

The AMA Committee on Student Affairs Sponsorship Program provides support for student-run initiatives targeted at career advancement of medical students. The AMA allocates a budget annually for support of this sponsorship and all Alberta-based medical students are eligible to apply.

In 2022, 15 student-run initiatives were awarded funding from the sponsorship program. The University of Calgary's Mental Health Week 2022 was one recipient of the sponsorship.

For Mental Health Week 2022, students at the University of Calgary offered something for everyone! Our events were well attended; we tracked attendance by giving out tickets at every event that were later entered for prizes. In total, there were over 200 attendees (although some people were certainly counted more than once!).

Events included: HIIT class, book swap, journaling, wellness talks, student advocacy and wellness office open house, park meet up, rock painting, free ice cream, art and music night, wellness resources info fair, yoga class, mindfulness session, therapy dogs and Zoom pizza cooking.

We held an ongoing wellness bingo during the week with over 60 entries. Prizes were gift cards to local small business-owned restaurants. Prizes for attendance included wellness swag consisting of journals, candles, bath bombs, terrariums, plants and coffee gift cards.

Visit the AMA website to [learn about all 2022 sponsorship recipients](#).

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Banner image: PALS (Pet Access League Society) provided mutually beneficial pet therapy to students. Photo credit: Alex Stephenson.