

Office of the **ULSU** 

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- Mental Health Week - Dirty Bingo

## <u>Mental Health Week</u>

I got the opportunity to sit in two of the calm cafe's this month, I got to play games with students as well as I got to give them free things! Who doesn't love free things! I enjoyed being a part of an initiative to help students decompress and destress before the reading break.

## Dirty Bingo

I love myself a game of dirty bingo, and getting to be behind the scenes of the game is even more fun! I got to interact on a more comfortable and personal level with the students in attendance and it was a really good time! I love getting to know the students and doing that in a fun environment is always a good time!

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