

PARTICIPANT RESOURCES

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Reel Time: Shoplifters 7pm, \$12 Tickets at Lux Cinema Directed by Hirokazu Kore-eda <i>Shoplifters</i> follows a small marginalized family struggling to make ends meet in an unforgiving urban environment.	2	3	4	5 Tales from 3 Edges with Cat Kidd, Miles Merrill, and Tanya Evanson 8pm, FREE Rice Studio, JPL Hear powerful works performed by prominent artists from the Spoken Word program.	6
7	8 Monday Mixer 4-5pm, FREE Artist Resource Room, Participant Resources Whether you're new to Banff Centre or already settled in, drop by and get to know your fellow artists and Participant Resources team. Light refreshments provided.	9	10 	11 Geology Walk and Talk 3-4pm, FREE Library Reading Room Do you know why the trees grow in certain places on the mountains? How our mountains were formed? Geologist Jim Olver has the answers! <i>Sign up in PR</i>	12 Alberta Provincial Election Advanced Poll 9am-8pm, KC303 Get your vote in early and make sure your voice is heard! Bring all appropriate identification required to cast your ballot. For more information: https://www.elections.ab.ca/voters/faq/	13
14 Lake Louise Trip 10am-5pm, \$5 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, and enjoy the scenery. <i>Sign up in PR</i>	15 Feed Your Brain: The Path to Awakening the Creative, Concious Mind 6-8pm, FREE Paul D. Fleck Library Join Kelly Lynch for this workshop on developing continual presence of mind to awaken to transformation through creativity. Register at www.banffcentre.ca	16	17	18	19 Participant Resources CLOSED for Good Friday 	20 Drawn to Nature in the Butterfly Gardens 2:30pm, FREE Walter Phillips Gallery, Butterfly Garden Come sketch and draw at this beginner-level drawing workshop. Register at www.banffcentre.ca
21 Participant Resources CLOSED for Easter Sunday	22	23 Forest Bathing 1-3pm, \$5 Participant Resources Shinrin-Yoku, or Forest Bathing, is prescribed time in nature which reduces stress, and increases creative and overall wellness. <i>Sign up in PR</i>	24	25 Ghost Days: Truth and Reconciliation Commission with Terrance Houle 7pm, FREE Whyte Museum Register at www.banffcentre.ca	26	27
28	29 Pine Needle Basket Weaving Participant Resources Drop in 12-1:30pm, FREE Learn how to weave ponderosa pine needle baskets, or bring your work in progress for some tips!	30  <small>Photo credit: Lillian Rose</small>	Mindfulness: Train Your Brain Explore scientifically proven methods to increase your energy, happiness, resilience, and productivity as well as help you manage the stress that comes your way. Everyone welcome; no experience necessary. April 2nd 2-2:45 pm PDC 102 Creative state of mind: The link between mindfulness and innovation April 11th 12:10-1 pm MB 150 Calm, curious and compassionate April 25th 12:10-1 pm MB 159 Mindfulness for the busy and skeptical April 30th 2-2:45 pm PDC 102 Top 3 ways to be happier at work			

Sally Borden Building Main Floor | 403.762.6269 | Participant_Resources@banffcentre.ca
To access our counselling services email Counselling_Services@banffcentre.ca

Events are open to all Arts participants, including artists, practicums, and faculty. Banff Centre staff are welcome if space permits.
To sign up for events, or if you have any questions or concerns, contact Participant Resources.

OPEN
SUN 11 am – 7 pm
MON 9 am – 7 pm
TUES-FRI 9 am – 5 pm

Closed Saturdays
Hours subject to change