
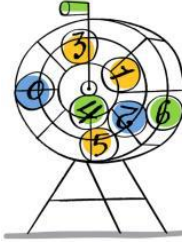



PARTICIPANT RESOURCES

SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	Participant Resources Closed for Labour Day	Drawn To Nature 5:30pm, FREE Banff Public Library Participants of all ages and experience welcome. Come sketch and draw at these beginner level sessions. Register at www.banffcentre.ca				Banff Mountain Music Festival 12pm-8pm, FREE Central Park Join us for two days of great music and good vibes featuring some of the best local music talent in the Bow Valley, food vendors and an artisan market!
8	9	10	11	12	13	14
Film Screening - Mordecai Richler: The Last of the Wild Jews 7:15pm, FREE Kinnear Centre 306 Come watch this film scripted by Richler's biographer Charlie Foran.				BINGO! Thursdays, 8pm Banff Legion Challenge your friends to a wildly competitive game of BINGO! A Banff tradition everyone should try at least once.		
15	16	17	18	19	20	21
	Feed Your Brain Identifying "Fake News" 6pm, FREE Library Reading Room Come enjoy this talk and learn how to improve your critical thinking skills, led by Library & Archives Practicum Nina Patterson.		Participants' Bonfire 6:30-8:30pm, FREE Behind JPL at fire pit Come warm up by the fire! Roast hot dogs, veggie dogs and s'mores. Share stories and meet new friends. <i>Sign up in PR.</i>	Voices from the Archives - The Warden's Life 7pm, \$5 Whyte Museum Tales of heroism, humour and heartbreak. Discover the real-life stories of Park Wardens collected in the Whyte Museum's Archives.	Opening Reception: A materialist history of contagion 5pm-9pm, FREE Walter Philips Gallery Join us for the opening reception of Los Angeles-based artist Candice Lin's exhibition.	
22	23	24	25	26	27	28
Lake Louise Trip 9am-4pm, \$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>		Indigenous Food Sampling Lunch and Learn 12-1 pm, FREE Tunnel Mountain Lounge Enjoy this curated sampling of Indigenous cuisine with a Ktunaxa flair. <i>Sign up in PR</i>	Forest Bathing 1-3pm, \$5 Participant Resources Shinrin-Yoku, or Forest Bathing, is prescribed time in nature, proven to reduce stress, and increases creative and overall wellness. <i>Sign up in PR</i>	Investigative Journalism in Conversation 7:30 pm, FREE Rice Studio, JPL Join award-winning investigative journalist, Robert Cribb in conversation with Aron Pilhofer.	Banff Musicians in Residence Open Concert 7:30 pm, FREE The Club Join faculty mentor Caroline Shaw and Vanessa Goodman and participants from the Banff Musicians In Residence program.	
29	30					
Guided Hike: Ink Pots via Johnston Canyon 9am-4pm, \$10 Enjoy a hike to mineral springs that bubble into a meadow surrounded by mountains! <i>Sign up in PR</i>		Mindfulness: Train Your Brain Explore scientifically proven ways 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. Sept 3 Max Bell 156 2-2:45pm Overcome Stressful Thoughts with Mindfulness Sept 12 Max Bell 150 12:10-1pm Mindfulness: The Basics Sept 17 Max Bell 156 2-2:45pm Reframe Stress with Mindfulness Sept 26 Max Bell 150 12:10-1pm Focusing our Mind with Intention				

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 is 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