



PARTICIPANT RESOURCES

AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
Interested in seeing Lake Louise or Minnewanka? Roam Transit will get you there. Visit www.roamtransit.com Image credit: Unsplash		Writers Trust Faculty Open Readings 6:30PM, FREE Max Bell Auditorium Readings by award-winning faculty Sue Goyette and Lawrence Hill.	Banff Farmers Market Every Wednesday 10AM-6PM at Central Park Shop an abundance of quality local products and produce, as well as tasty treats!	Visual Arts Faculty Presentation 4PM, FREE JPL Bldg, 204 Join Heather Davis, lead faculty for <i>Ecologies of Precarious Abundance</i> for this talk.		
7	8	9	10	11	12	13
			Banff Farmers Market 10AM-6PM at Central Park	*Mindfulness: Mindfully Prepare for Difficult Conversations (30 min.) 12:00-12:30 PM	Banff Canoe Club 9AM-8PM daily Stop by the Participant Resources office to buy a 1-hour canoe rental pass for \$15!	 Image credit: Banff Canoe Club
14	15	16	17	18	19	20
 Image credit: Unsplash	Visual Arts Faculty Presentation 4PM, FREE JPL Bldg, 204 Join Ama Josephine B. Johnstone, faculty for <i>Ecologies of Precarious Abundance</i> for this talk. Forest Bathing* 1-3PM, FREE Prescribed time in nature reduces stress and increases creative and overall wellness. E-mail Participant Resources to sign up.	 Image credit: Town of Banff	Banff Farmers Market 10AM-6PM at Central Park Decolonizing the Narrative Conversation Series: Presentation of Work 4:30 PM, FREE Join Muriel Miguel for this free webinar as she shares a talk on storyweaving. Register at www.banffcentre.ca/events	*Mindfulness: Cool Head Meditation (15 min.) 12:00-12:15 PM Decolonizing the Narrative Conversation Series: Q&A Session and Conversation 4:30 PM, FREE Be a part of the conversation with Muriel Miguel and Janine Windolph. This second session is intended for questions and comments.	Indigenous Classical Music Performance 7:30 PM, FREE Hear all the artists in the program share pieces they've workshopped over their time in Banff. Reserve seats at www.banffcentre.ca/events	Banff Upper Hot Springs 10AM-8PM daily Need to unwind and relax? Purchase your hot springs tickets for \$5 from the Participant Resources office. Image credit: Parks Canada
21	22	23	24	25	26	27
		Visual Arts Faculty Presentation 4PM, FREE JPL Bldg, 204 Join Tejal Shah, faculty for <i>Ecologies of Precarious Abundance</i> , for this talk.	Banff Farmers Market 10AM-6PM at Central Park	*Mindfulness: Creating Meaning at Work (30 min.) 12:00-12:30 PM		
28	29	30	31			
	BISQC Concert and Lecture Series This week be sure to catch one of 15 concerts presented by BISQC competitors. Check schedule and reserve seats www.banffcentre.ca/events		Visual Arts Open Studios and Exhibition Tour 4-7PM, FREE Walter Phillips Gallery Explore artists' studios, engage with artists about their work, and join a tour of the current gallery exhibition. Banff Farmers Market 10AM-6PM at Central Park	Mindfulness: Train Your Brain* Thursdays, FREE 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. E-mail Participant_Resources@banffcentre.ca for Zoom info.		

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*These services are made possible by the Post-Secondary Student Mental Health Grant through the Province of Alberta

OPEN for in person hours:

MON: 10:00am – 4:00pm
TUE: 10:00am – 4:00pm
WED: Phone or e-mail
THUR: 10:00am – 4:00pm
FRI: 10:00am – 4:00pm

Hours subject to change
CLOSED: SAT, and SUN

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