



PARTICIPANT RESOURCES

MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Reel Time: Portrait of a Lady on Fire 7pm, \$12 Lux Cinema Check out the winner of the Queer Palm and Best Screenplay at Cannes directed by Celine Sciamma.	3 Art Break: darkness is as deep as the darkness is 12pm, FREE Walter Phillips Gallery Join Walter Phillips Gallery staff for a tour of Rita McKeough's exhibition.	4  Rita McKeough, Detail of 'Ghost Fern' (2019). Photo Credit: Bliana Panic.	5	6	7
8 Indoor Climbing 4-5pm, FREE Climbing Gym, SBB Climbing the walls in your studio or office? Come practice your skills or learn new ones in the climbing gym. Equipment provided. Sign up in PR	9	10 Guided Walk 1-3pm, \$5 Participant Resources Listen to stories of the early adventurers of Banff, or walk in mindful silence to discover the quietude and inspiration the mountains offer. Sign up in PR	11 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. Sign up in PR	12 Open Concert: Banff International Songwriter 7:30pm, FREE The Club Experience raw new work in the form of solo and collaborative performances.	13 Open Readings: Spring Writers Retreat 7:30pm, FREE KCCI 301 Join us for readings by writers and special guest mentor, writer and novelist Zoe Whittal.	14
15 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! Sign up in PR	16	17 Visual Arts Open Lecture: Reena Kallat 4pm, FREE JPL 204 Join Reena Kallat, guest faculty for Banff Artists in Residence, for this talk.	18 Postcards from Banff 2:30-4pm, FREE Participant Resources Enjoy a crafty afternoon with Participant Resources. We'll provide blank cards and art supplies for you to create your own postcards from Banff.	19 Geology Walk and Talk 2-3pm, FREE Paul D. Fleck Library and Archives main floor Do you know why the trees grow in certain places on mountains? How the mountains were formed? Geologist Jim Olver has the answers! Sign up in PR	20 Indigenous Storyteller and Spoken Word Participant Performance 6pm, FREE Rolston Recital Hall Come check out the final works of participants from the Indigenous Storyteller and Spoken Word residency.	21
22	23	24	25 Open Studios: Banff Artists in Residence 4pm, FREE JPL/Glyde Hall Studios Enjoy an afternoon of creativity, art and conversation. Explore studios and engage with artists around their work.	26	27	28
29	30	31 	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. Mar. 3 rd MB150 2-2:45pm Mindfulness for challenging moments, thoughts, and feelings Mar. 12 th MB150 12:10-1pm Mindfulness as self-care Mar. 17 th MB159 2-2:45pm Mindful practices to beat negativity Mar. 26 th MB150 12:10-1pm Mindfulness for obsessive thoughts Mar. 31 st MB150 2-2:45pm Pause during a busy day with mindfulness			

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, practicum, 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
TUE to FRI 9 am – 5 pm
Closed Saturdays
Hours subject to change