



RESILIENT U

Looking to learn and build your resilience and overall wellness capabilities? Create meaningful relationships on campus?

The Student Wellness Centre is offering Resilient U!

- September 2026-April 2027
- Online self paced and in person learning
- Receive one to one coaching support

Scan the QR code to register!

Email or visit our website to learn more:

healthandwellness@umanitoba.ca

<https://umanitoba.ca/student-supports/student-wellness/resilient-u>

@HEALTHYUOFM



**STUDENT
WELLNESS
CENTRE**



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