

Meet Your International Community Support

- The International Centre
- University of Manitoba Students Union (UMSU)
- University of Manitoba Graduate and Postdoctorate Society (UMGPS)
- Spiritual Care



**University
of Manitoba**

International Centre



**University
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international@umanitoba.ca

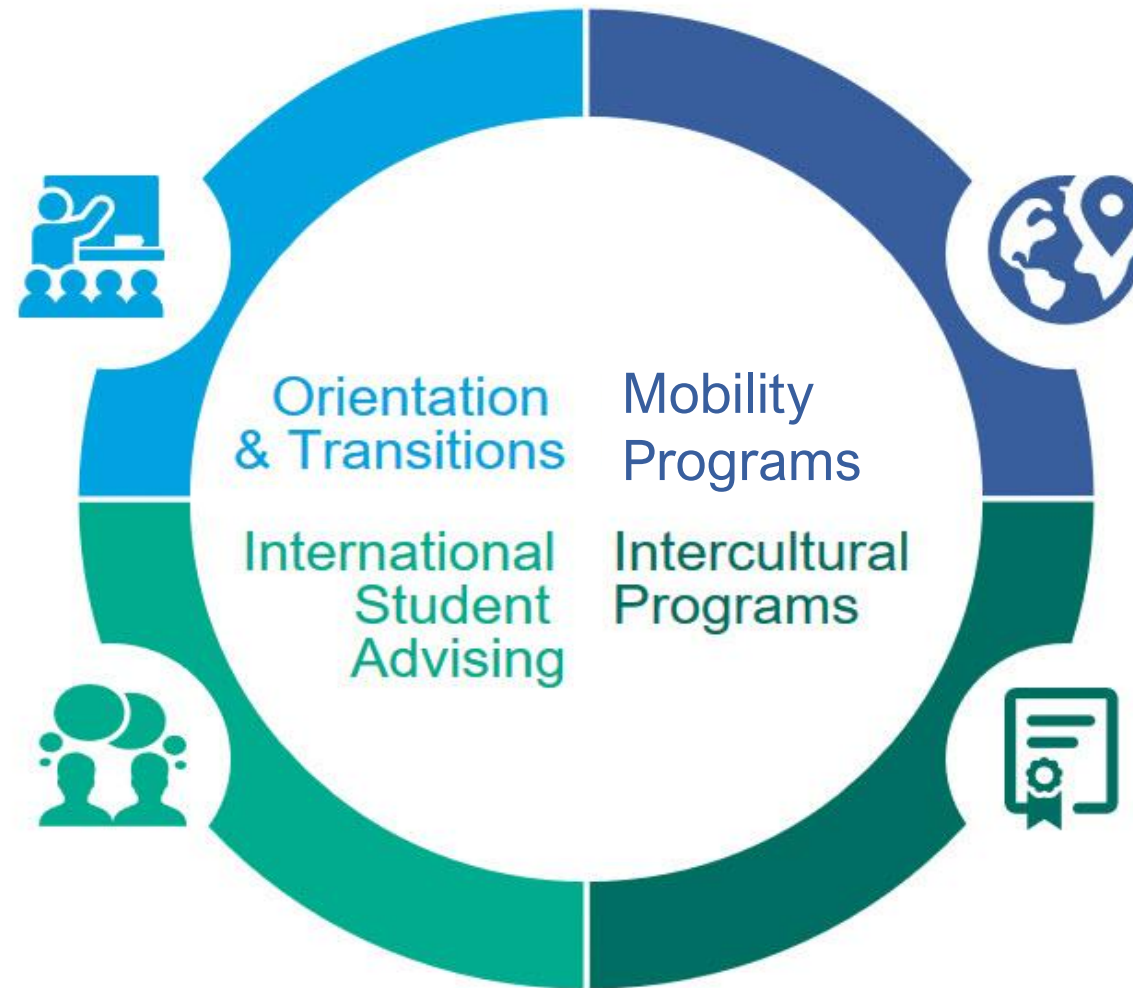
204-474-8501

541 UMSU University Centre

[International Centre](#) website



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International Centre Student Newsletter

[Updates](#) | [Events](#) | [Tips](#) | [Community](#)

July 2023 | Edition 1

The International Student Newsletter is delivered on the last week of every month.



Welcome to the International Student Newsletter!

Get important immigration updates, events, tips and community updates to your inbox every month from the International Centre (IC).

[Learn more about the IC](#)

Follow Us On
Instagram

@um.international



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Intercultural Programs

- Welcome Mentors
- Language Exchange
- Intercultural Leaders
- Social events



Volunteering at Orientation

Students in their second year or more



Why participate in IC programs?

Cross-cultural friendships

- Domestic students in Canada reported only 11% of their friends were international students (Grayson, 2008)
- 56% of international students claimed to have not even one Canadian friend (CBIE, 2013)

Intercultural Friendships

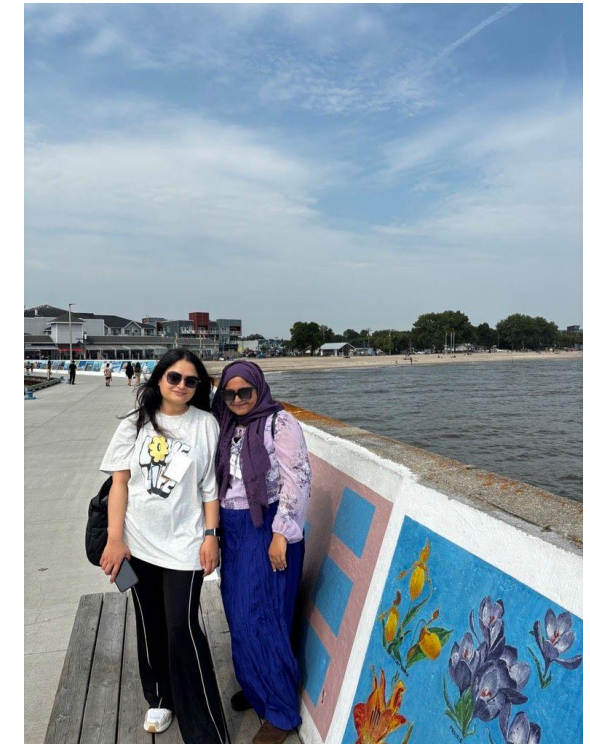
What helps promote friendships across cultures?

- Cultural similarity
- Cultural differences
- Prior intercultural experience
- Targeted socializing



IC Events

Join us for events this Fall and Winter term to meet other international students, or domestic students interested in learning about other cultures and travelling.



Ways to get involved & meet people

<https://umanitoba.ca/student-supports/get-involved>

- Peer Mentoring
- Community Engaged Learning
- Volunteer on campus (or off)
- Student exchange
- Recreation services
- Leadership programs
- Student Groups, Clubs and Associations (UMSU will talk about this)
- UMGSA
- HSGSA
- Get a part-time job
- Check out UM Events: <https://eventsalendar.umanitoba.ca/>



Outdoor Movie Night

August 29
Show starts at 9 PM

Come watch a movie under the stars! Bring a blanket or folding chair.

Film: Twisters (2024).

Showing starts 9:00 pm in the Quad.



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Meet the IC for Coffee & Tea (Winter Clothing Display)

September 3, 12:00-2:00 PM

Come visit the International Centre staff and on-campus partner Student Care!

Have the opportunity to ask questions and learn more about programs for international students.

Take a look at our winter clothing display so you can learn what type of clothing to shop for, what to look for, where to buy and how to stay warm this upcoming winter!

Coffee, tea and snacks provided!

No registration required!



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Finding a Part-time Summer Job

September 4, 2:30-4:00 PM

Getting a part-time can be tricky, but necessary and critical for building skills to reach your long-term career goals! Attend this session to learn how to find a part-time job in Canada – and how you can gain skills to help you become employable after graduation!



Email confirmation with room location send 24 hours prior.



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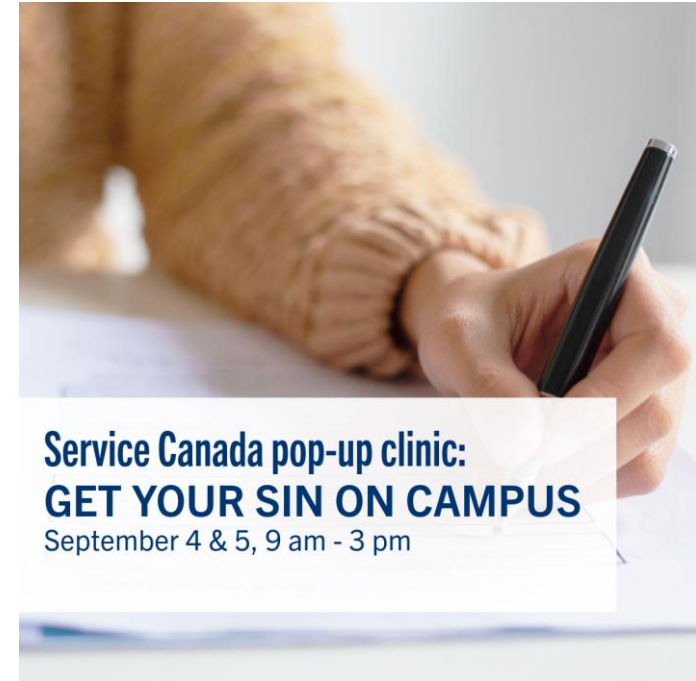
Service Canada pop-up clinic: Get your SIN on Campus

**September 4 and September 5
9:00 AM – 3PM**

Room 224, UMSU University Centre

Service Canada will be coming to the U of M's Fort Garry campus.

Students coming to the SIN card sessions must bring original documents



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Land and Water Walk and Talk

September 5, 2:45 - 4:00 PM

Meet outside Migizii Agamik Bald Eagle Lodge for a walking tour of campus to learn about Indigenous teachings.

This is an outdoor walking tour, please wear appropriate footwear, and dress for the weather. All UM community members and students are welcome.



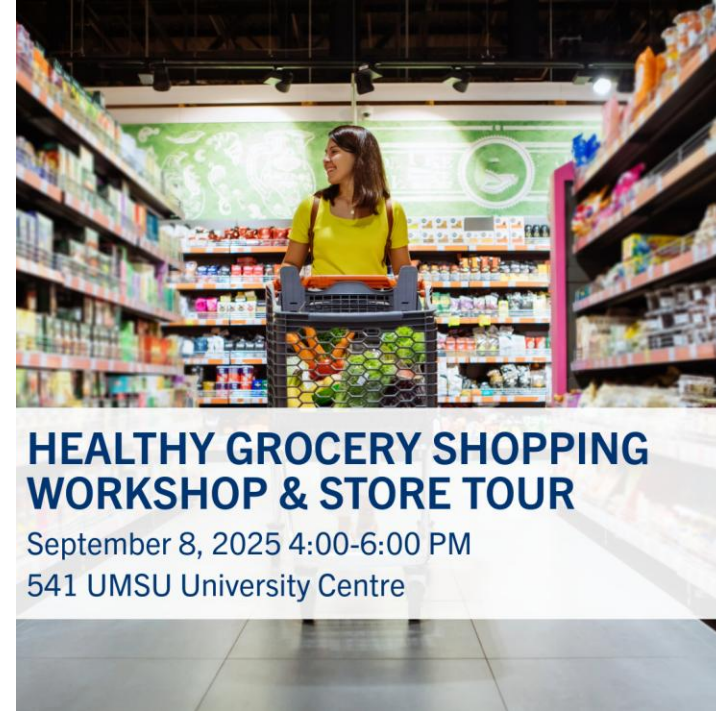
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Healthy Grocery Shopping Workshop & Tour

September 8, 4:00 - 6:00 PM

Learn how to select healthy food without exceeding your budget! We will start with a 30 minute presentation at the International Centre office, then go together on the bus to Bison Drive Superstore to learn how to navigate a large grocery store. Practical skills will be learned such as choosing healthy foods, how to shop within your budget, and how to read food labels.

Session will be interactive and fun!



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We are the University of Manitoba Students' Union (UMSU). We serve students by enhancing student life and increasing the quality of education through consultation, representation, and advocacy.

Get Involved!

At UMSU, there are countless ways to get involved and shape your student experience. Whether you're joining a club, supporting a community group, representing your peers through a student association or volunteering your time, there's a place for you here.



www.umsu.ca/get-involved



UMSU Clubs & Associations

UMSU Clubs bring students together to connect, create, and meet people who share your interests.

We have over 100 student clubs and 28 associations on campus!
Visit our website to find or start your club today!

Get Involved Fair:

September 16-18, 9am to 4pm

CAMPO, 1st Floor UMSU University Centre

www.umsu.ca/clubs



UMSU Community Groups

At UMSU, we celebrate the diversity of our student body through **seven community groups**. Each group represents unique identities, interests and lived experiences, creating welcoming spaces where students can connect, feel supported, and find community.



2SLGBTQIA+ Students' Community
Accessibility Students' Community
Black Students' Community
Indigenous Students' Community
International Students' Community
Mature and Part-Time Students' Community
Racialized Students' Community
Women's Students' Community



www.umsu.ca/communitygroups



UMSU International Students' Representative

The International Students' Community Centre is a welcoming space for students to connect, share culture and build community through social events. Visit us to ask questions or join us for lunch!



185 Helen Glass



umsu_icc



Mahfuz Haque

email: isr@umsu.ca



Upcoming Events

Join us for an unforgettable start to the semester with **UMSU Bison Bash!** Enjoy a week packed with exciting events, including a market, an **outdoor event on the quad**, and much more! It's the perfect opportunity to connect with fellow students, explore campus, and have a blast.



Bison Bash Market: September 2-5

Bisons on the Quad: September 3

FREE Breakfasts: September 8-12

UMSU Street Party: September 12

Follow us on Instagram for all updates! @myumsu

www.umsu.ca/events



Upcoming Events

- Keep up with current events on our event calendar (www.umsu.ca/events) and on Instagram @myumsu !



SCAN ME



SEPT 9-13

FREE BREAKFASTS 10am in the MPR (while supplies last) 2nd Floor - UMSU University Centre	ALL WEEK!
ALL WEEK!	BISON BASH MARKET 9am to 4pm in the MPR 2nd Floor - UMSU University Centre
CARNIVAL PARTY 11am to 3pm in the MPR 2nd Floor - UMSU University Centre	TUESDAY 10
TUESDAY 10	KARAOKE NIGHT 8pm to close at VW Social Club 3rd Floor - UMSU University Centre
UMSU STREET PARTY 9pm to 2am at UMSU Street 3rd Floor - UMSU University Centre	FRIDAY 13



Welcome to the University of Manitoba

University of Manitoba Graduate
& Postdoctoral Society (UMGPS)



Meet the 2025/2026 UMGPS Executive Team



Timilehin Oluwajuyitan
President & Senator



Lamia Mahzabin
Vice-President, Academic
Affairs & Senator



Armin Aghajani
Vice-President, External
Affairs & Senator



Diwan Oulai
Vice-President Events &
Clubs



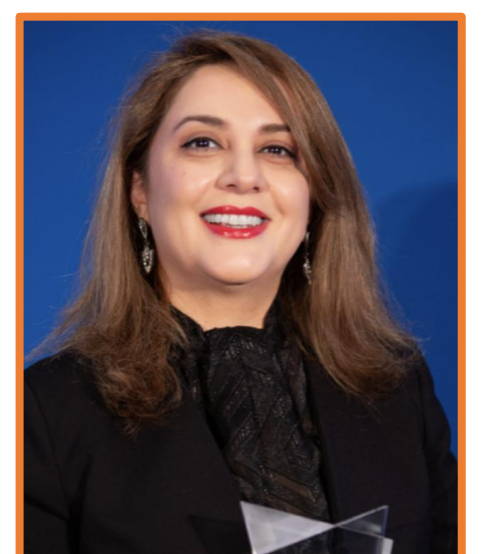
Peggy Wu
Vice-President, Equity &
Inclusion



Taylor Galvin Ozaawi
Mashkode-Bizhiki
Associate Vice President
Indigenous



Ashraf Kadar Shahib
Vice President Health
Sciences



Nazanin Vafaei
Vice President, Postdoctoral
Affairs



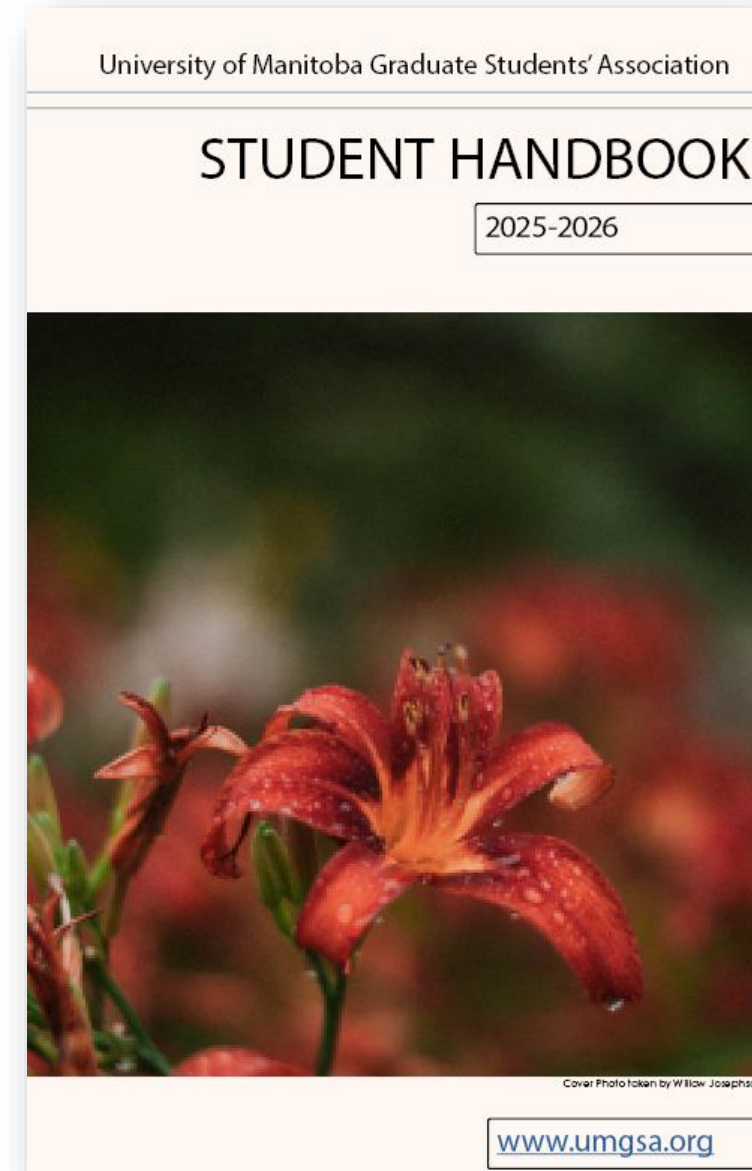
What we do
in UMGPS...

Handbook

The 2025-2026 UMGSA Handbook will be handed to you at the end of this orientation. Check it out!

Inside you'll find many different resources and important information for graduate students.

Please direct any questions about the handbook to our Governance and Office Operations Coordinator at governance@umgps.org



List of Workshop & Events

- Welcome (back) event
- Open mic/Game night
- Mental Health Workshop
- Interclub/Interdepartmental Trivia Night
- Pumpkin Carving Competition
- Free Tax Clinic
- Peer Support Hour



UMGPS Conference Grant program

The UMGPS will make funds available to University of Manitoba graduate students wishing to attend or present at conferences who do not have adequate resources to do so. Conferences must advance the student's course of study. Applications will be accepted throughout the year and processed by the Faculty of Graduate and Postdoctoral Studies. For further information check the following link please.



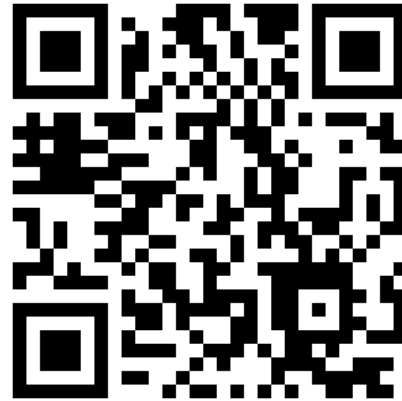
Stay updated, visit our
website and follow us on
social media!



University of Manitoba Graduate
& Postdoctoral Society



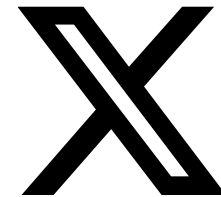
uofm_gps



Scan to
visit
website



UManitobaGPS



@UofM_GPS

Spiritual Care and Multi-Faith Centre



University
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“Who am I?”

“What will I do
with my life?”

“Where do I
belong?”

“What is it
all about?”



Your Big Questions...

- What “big questions” are you hoping to find answers to while at university?
- What may keep you from asking or searching for answers?
- What might help you step out and go in search of answers?

Travelling Companions

Wholeness includes Connection

“So many aspects of personal growth and development revolve around relationships and interactions. Issues of friendship, sexuality, tolerance, compassion, forgiveness, and autonomy are important aspects of emerging identity that are worked out in the company of peers in the college environment”

(Chickering et. al., 2006)



When finding a group to connect with, make sure that they...

- Invite open and thoughtful investigation of beliefs and welcome a critical approach to faith
- Encourage you to be a responsible and contributing member of the larger community
- Offer a reasonable and credible belief system upon which to structure your life.
- Encourage relationships with family and friends outside the group
- Help you through some of life's inevitable crises

ADDRESSING AGGRESSIVE RELIGIOUS RECRUITING resource -

<https://umanitoba.ca/student/media/um-aggressive-religious-recruiting.pdf>



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Connecting with Student Groups and Spiritual Health Supports

Student communities

- <https://umanitoba.ca/current-students/first-year/um-commons/student-communities>
- <https://umsu.ca/student-clubs-associations/student-clubs/>



Spiritual Care and Multi-Faith Centre Groups and Activities



- Drum Circles
- Free-Tech Lunches
- Meditate with a Buddhist Monk
- Falun Dafa Body Practices
- Bhakti Yoga
- Naam Simran Night - Sikh community prayer
- Prayer Gatherings
- Individual Quiet/Contemplative Times
- Smudging
- Inter-faith Gatherings
- Addressing Racialized Trauma



SCMC Newsletter



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**To book an
appointment or to ask
about our services,
contact us at:**

204-474-8721

or e-mail at

spiritualcare@umanitoba.ca

Follow us on Facebook:

<https://www.facebook.com/SpiritualCareUofM>

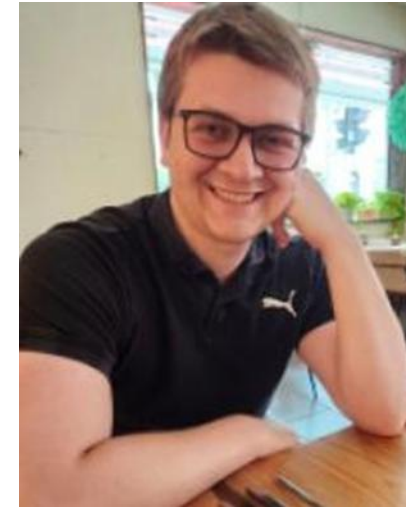
and on Instagram: [um.spiritual.care](https://www.instagram.com/um.spiritual.care)



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Meet your Spiritual Care Team...

- **Spiritual Care Office Assistant**
Matt Peters
528 UMSU University Centre
Email: spiritualcare@umanitoba.ca
Phone: [204-474-8721](tel:204-474-8721)



- **Humanist**

UM Humanist Chaplain –

Trevor Lehmann

522 UMSU University Centre

Tel: 204-474-9059

Email: trevor.lehmann@umanitoba.ca



- **Jewish**

Hillel Winnipeg – Lindsay Kerr

Room 149, University Centre

Phone: [204-480-6561](tel:204-480-6561) (Jewish Federation)

Email: rmargulets@jewishwinnipeg.org



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- **Lutheran**

Lutheran Campus Ministry –
Michelle Collins
524 UMSU University Centre
Tel: [204-474-8386](tel:204-474-8386)
Email: mcollins@elcic.ca



- **Mennonite**

Inter-Mennonite Campus Ministry (Menno Office)
Mark von Kampen
524 UMSU University Centre
Email: mvonkampen@gmail.com
Tel: 204-474-9691



- **Muslim**

Natasha Ali

522 UMSU University Centre

Tel: [204-474-7980](tel:204-474-7980)

Email: natasha.ali@umanitoba.ca



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- **Ukranian Orthodox**

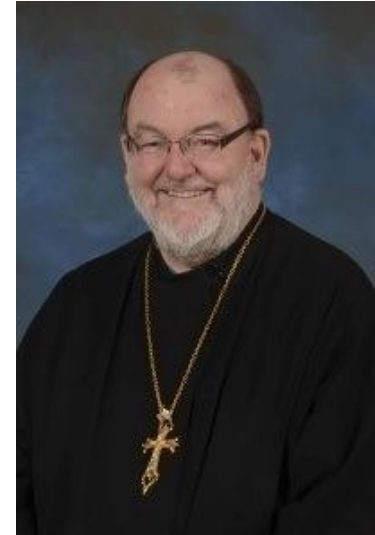
Fr. Roman Bozyk

523 UMSU University Centre

Thursdays only, 11:30 a.m. to 3:30 p.m.

Tel: 204-474-6514

Email: roman.bozyk@umanitoba.ca



**University
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- **Catholic**
Eliude Cavalcante
Director of Campus Ministry
Room 221, St. Paul's College
[204-474-8645](tel:204-474-8645)
Eliude.Cavalcante@umanitoba.ca



- Fr. Mark Filips
Priest Chaplain
Room 222, St. Paul's College
[204-474-8460](tel:204-474-8460)
Mark.Filips@umanitoba.ca



Indigenous Elders-in-Residence

- **Elder Norman Meade**

Indigenous Student Centre

114 Sidney Smith St.

University of Manitoba (Fort Garry campus)

Winnipeg, MB R3T 2N2 Canada

isc@umanitoba.ca

204-474-8500



Indigenous Elders-in-Residence

- **Elder Carl Stone**

Indigenous Student Centre

114 Sidney Smith St.

University of Manitoba (Fort Garry campus)

Winnipeg, MB R3T 2N2 Canada

isc@umanitoba.ca

[204-474-8500](tel:204-474-8500)



Indigenous Elders-in-Residence

- **Kookum Karen Courchene**

Indigenous Student Centre

114 Sidney Smith St.

University of Manitoba (Fort Garry campus)

Winnipeg, MB R3T 2N2 Canada

isc@umanitoba.ca

[204-474-8850](tel:204-474-8850)

