

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

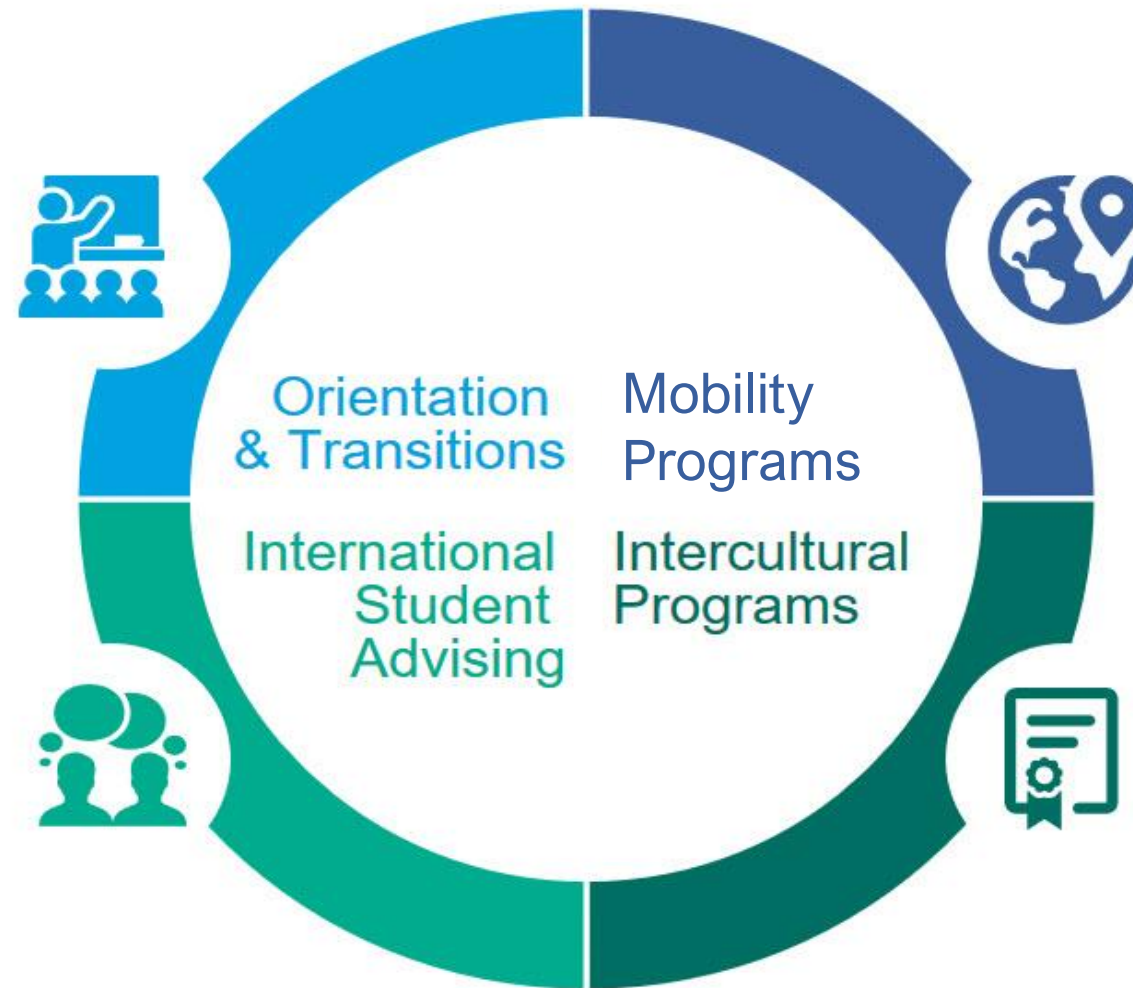
204-474-8501

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

Applications open now!



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

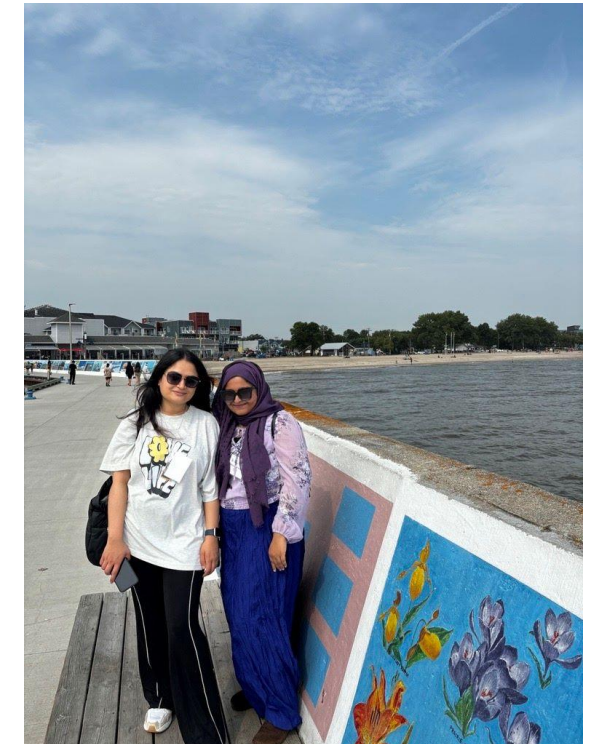
What helps promote friendships across cultures?

- 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://eventscalendar.umanitoba.ca/>



Upcoming Events

REGISTRATION FULL!

STUDENT WELLNESS CENTRE

Registration: Speed Friending



September 15, 2026
3:30 PM
University
(Tony T.K. Law Global Lounge)

BMO Financial Literacy Workshop:
Budgeting



BMO FINANCIAL LITERACY WORKSHOP
BUDGETING

September 15, 2026
3:00 pm - 4:00 pm
Virtual

BMO

Campus Kitchen Cooking Class
(Back to School)



Centre
NUTRITION
Food and Human Nutritional Sciences

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Follow Us!



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!

Explore Clubs:

September 9, 10am to 5pm
Bison Bash on The Quad

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 (ICC) is a student-led community under UMSU that brings international students together at the University of Manitoba. It's a space to connect, build friendships, celebrate different cultures, and create a sense of belonging through events, activities, and community conversations.



185 Helen Glass



umsu_icc

Tirth Chaudhary

email: isr@umsu.ca





COMMUNITY ASSEMBLY X MOVIE NIGHT

Connect. Meet. Watch. Enjoy.

**Project
Hail Mary**

 : 11th September
 : 5 PM Onwards
 : Fletcher Argue 100

 **Pizza Provided** 

RSVP REQUIRED — LINK IN BIO



Upcoming Events

Join us for an unforgettable start to the semester with **UMSU Fall Orientation!** September is packed with exciting events, including our annual **Bison Bash** and much more! It's the perfect opportunity to connect with fellow students, explore campus and have a blast.

Bison Bash: September 9

Taste of UMSU: September 11

FREE Breakfasts: September 14-18

Summer Games: September 16

UMSU Street Party: September 18



Follow us on Instagram for all updates! @myumsu

www.umsu.ca/events



UNIVERSITY OF MANITOBA GRADUATE &
POSTDOCTORAL SOCIETY

UMGPS

AN ENGAGED, SUPPORTED, GRADUATE STUDENT COMMUNITY
WHERE EVERYONE BELONGS

What is UMGPS?

- Student-led association representing all graduate students and postdoctoral fellows at UM. **By graduate students, for graduate students.**
 - All our executives are current graduate students, and 2/3 of our full-time staff are former graduate students, ensuring we can fully understand and meet the unique needs of our community.
- Our focuses:
 - Advocate for graduate students
 - Equitably distribute funding
 - Hold events that support our community
- We also:
 - Provide a safe, welcoming, and supportive environment.
 - Offer free use of our dedicated graduate student lounge.
 - Maintain a directory of graduate student assistance programs.
 - **Dedicate ourselves to being here for you in whatever way we can!**

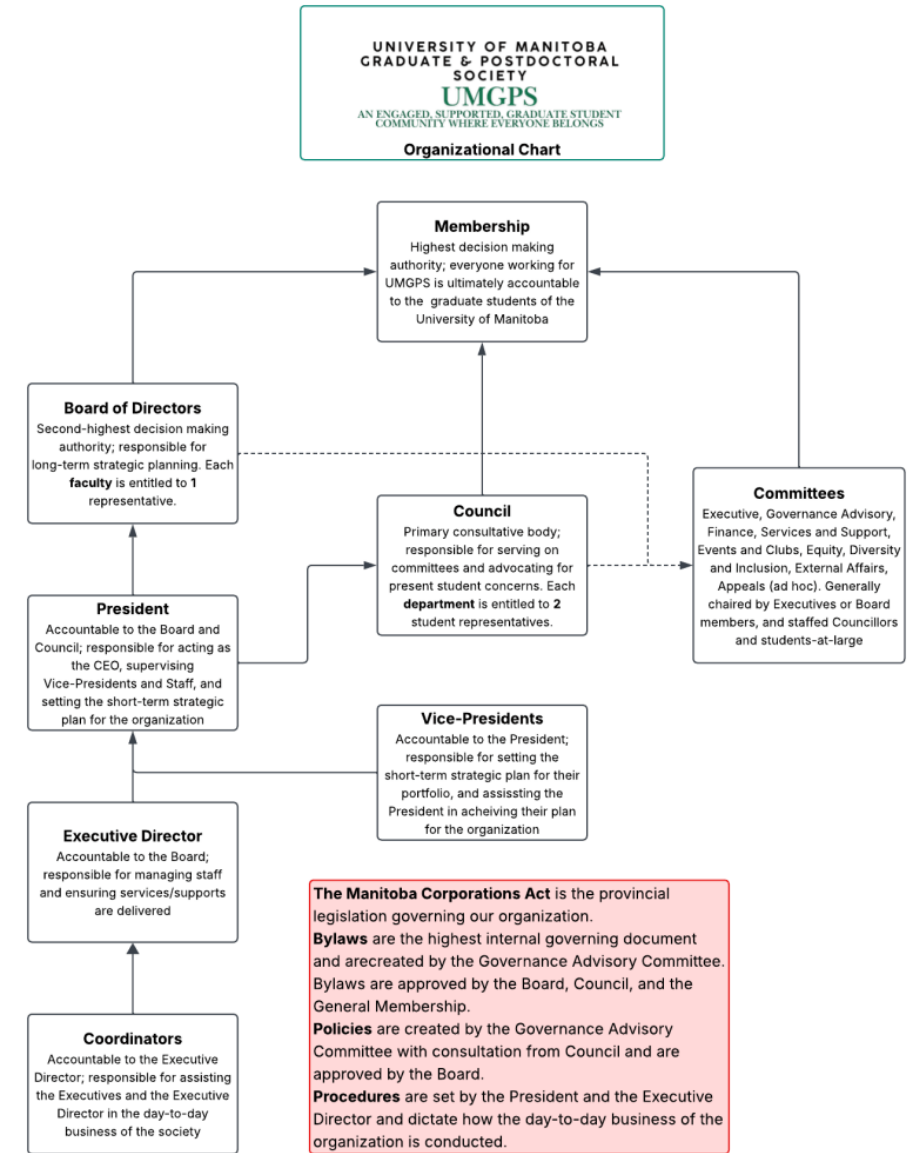


How UMGPS supports our students:

- Over \$25,000 in annual contributions to emergency assistance programs.
 - Holiday hamper program supported by an additional \$10,000 of funding.
- Over \$25,000 of funding for clubs and departmental graduate student associations.
- Over \$50,000 of travel funding to support conference attendance.
- 9 annual student awards with a total value over \$100,000.
- Events by graduate students, for graduate students.
- The cheapest printing services on campus.
- Community involvement and CV building opportunities.
- And more!!

How UMGPS works:

- **Decision making:**
 - Membership has the highest decision-making authority.
 - The Board of Directors sets the strategic direction.
 - Council advises the Board of Directors and President.
- **How to get involved:**
 - Sign up to represent your department in Council,
 - Run for Executive Office,
 - Apply for our Board of Directors,
 - Or contact us for more opportunities!



Thank you!

<https://www.umgps.org/>

Contacts:

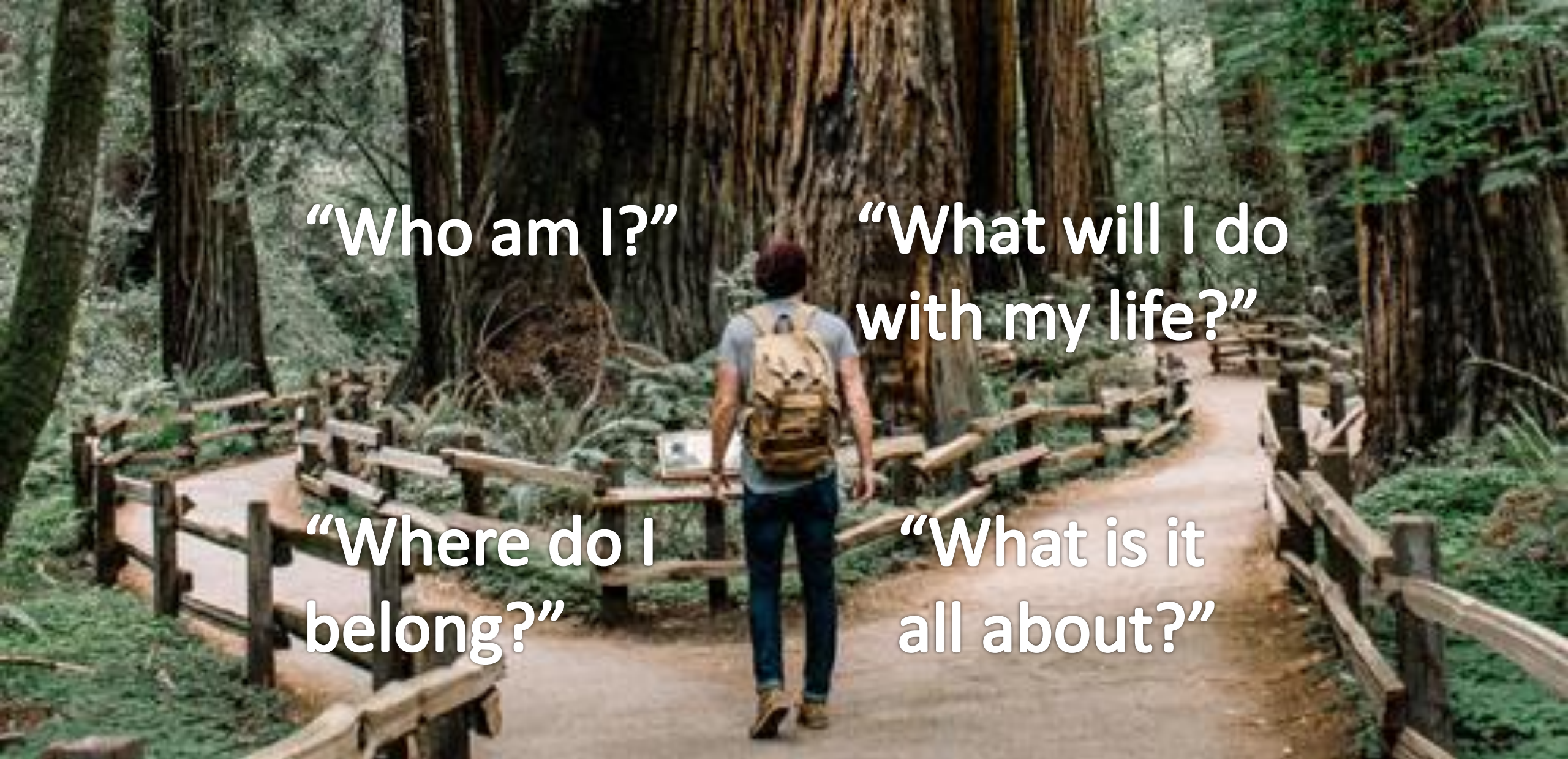
pres@umgps.org

governance@umgps.org

Spiritual Care and Multi-Faith Centre



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“Who am I?”

“What will I do
with my life?”

“Where do I
belong?”

“What is it
all about?”



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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



Understanding the Faiths of Our Neighbours



Lunch Orientation Session:
Tuesday, September 29, 2026
12 – 1 p.m.
Multi-Faith Centre
521 UMSU University Centre



Spiritual Care and Multi-Faith Centre



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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>

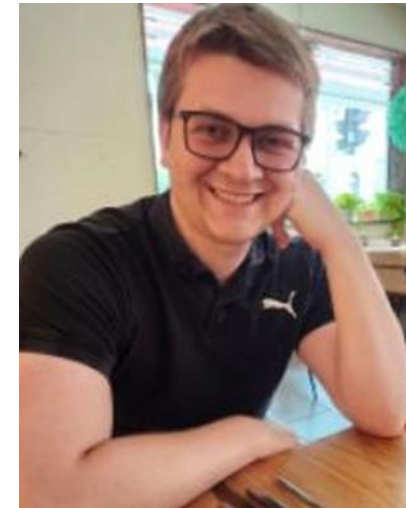
and on Instagram: [um.spiritual.care](https://www.instagram.com/um.spiritual.care)



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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



- **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**

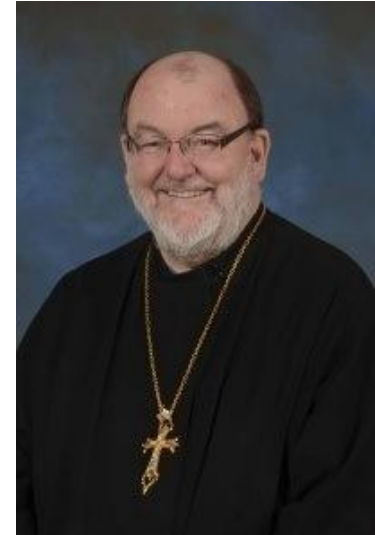
Fr. Roman Bozyk

523 UMSU University Centre

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

Tel: 204-474-6514

Email: roman.bozyk@umanitoba.ca



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- **Catholic**
Eliude Cavalcante
Director of Campus Ministry
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- Fr. Mark Filips
Priest Chaplain
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Mark.Filips@umanitoba.ca



Indigenous Elders-in-Residence

- **Elder Norman Meade**

Indigenous Student Centre

114 Sidney Smith St.

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- **Elder Carl Stone**

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