

PARTICIPANT RESOURCES

DECEMBER 2018

SUN MON TUE WED THU FRI SAT

Mindfulness: Train Your Brain

Explore scientifically proven methods 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! All sessions located in Max Bell 150.

Dec. 4th 2-2:45pm Dec. 13th 12:10-12:50pm

Dec. 18th 2-2:45pm

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Reel Time: The Miseducation of Cameron Post
7pm, \$12
Lux Cinema
Follow the journey of Cameron Post as she is forced to undergo conversion therapy and the unlikely community of peers she discovers there.

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Mindfulness
2-2:45pm, FREE
Max Bell 150
Manage the stress that comes your way with mindfulness techniques, breathing and practical tools you can incorporate into your daily life.

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Open Studios: The Space Between Us and BAiR
4pm, FREE
Glyde Hall/JPL
Enjoy an afternoon of creativity, art and conversation. Explore studios and engage with artists around their work.

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Guided Walk
1-3pm, \$5
Participant Resources
Walk along with guide Ronna as she shares stories and the history of this magnificent place. There will also be time to walk in silence and discover the quietude and inspiration these mountains offer.
Sign up in PR.

7

Open Concert: Nathalie Joachim
7:30pm, FREE
Rolston Recital Hall
Join flutist, vocalist and composer Nathalie Joachim and participants from the *Banff Musicians in Residence* program for an engaging night of music.

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Indoor Climbing
4-6pm, 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.

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Tree Decorating
2-4pm, FREE
Participant Resources
Kick start the holidays with tree decorating, hot chocolate and cheerful tunes!

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Writers Retreat Reading Night: Zsuzsi Gartner
7:30pm, FREE
Bentley Chamber Music Studio
Featured readings from writers in the *Writers Retreat* program hosted by Zsuzsi Gartner.

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BanffLIFE Christmas Dinner
5pm, FREE
101 Bear Street, above library
Join BanffLIFE for a free holiday meal. Meet new people, and get treats from local businesses!
Donations appreciated.

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Mindfulness
2-2:45pm, FREE
Max Bell 150
Manage the stress that comes your way with mindfulness techniques, breathing and practical tools you can incorporate into your daily life.

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Participant Resources Closed for the Holidays Dec. 23rd
Reopening Jan. 2

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New Year's Eve Celebrations
8pm, FREE
Banff Ave.

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
TUES-FRI 9 am – 5 pm

Closed Saturdays
Hours subject to change