



UM | Faculty of Agricultural
and Food Sciences

Human Nutritional
Sciences
3350: Culture and Food
Patterns
Syllabus Fall 2022



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Office Location: 110 RCFTR, 196 Innovation Dr, Winnipeg, MB R3T 2N2
Office Hours: By email communication virtual and in-person meetings can be booked
Lecture Time: Tuesdays and Thursdays, 2:30 pm - 3:45 pm, Sept 7 to Dec 12, 2022
Location: Room 234 St. Paul's College
Course Format: Lectures, Class Discussion

Traditional Territory/Land Acknowledgment

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to moving forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

I would personally like to acknowledge that the places where I work and my home residence in Winnipeg are located within the traditional territories of other Indigenous peoples and within the heartland of the Métis Nation and. The water I drink comes from Treaty #3 territory and the power from Manitoba hydro comes from Treaty #1, 2, 3 4 and 5 territories. In my own engagement with reconciliation, I am aware that there are still ongoing harms and continuing mistakes which harm Indigenous peoples and members of the Métis Nation. I am committed to minimizing those harms within the capacity of my work at the University of Manitoba and continuing to learn of the unique richness and diversity of Indigenous cultures and their resilience, as well as the socio/economic and cultural traumas experienced by Indigenous peoples.

In Anishinaabe traditional belief, everything in the environment is interconnected and has important relationships with the things around it. I think this belief is very applicable to the university environment.

I encourage you to further educate yourself on this topic with the following links:

1. [Reserves in Manitoba](#)
2. [Forced Relocation of Indigenous People in Canada](#)
3. [Land Acknowledgements – A Reflection 5-years After the TRC Report](#)
4. [Treaty Relations Commission of Manitoba](#)

Equity And Inclusion Commitment

I will respect your identities (e.g., race, gender, sexual orientation, class, size, ability, etc.) and commit to interrupting any form of oppression based on these categories and amplifying under-represented voices. I am a white cis man and I am still working on challenging all my assumptions and recognizing all of the unearned privileges that I have, please, if you can, bring to my attention anything I say, do, or allow that conflicts with this commitment by submitting anonymous feedback to me

<https://forms.gle/uMvhvPz43CkfewgRA>

Course Description: This course will examine the cultural, sociological and psychological aspects of food patterns and behaviours.

Prerequisite: (PSYC 1200 or SOC 1000 or the former SOC 1200) and (HNSC 1200 or HNSC 1210).
3.0 Credit Hours.

Overall Course Objective: The course will provide adequate information for learners to promote their learning and intellectual development in the area of cultural, sociological and psychological factors which can influence dietary patterns and behaviours.

Course Learning Outcomes

The learners who successfully complete this course should be able to:

1. Recognize the role culture plays in influencing group and individual food selection, preparation, consumption and in producing different attitudes and beliefs around food
2. Have a sound understanding of cultural beliefs and food habits of most common ethnic and religious groups
3. Describe the role that individual and psychological factors play in influencing food behaviour
4. Learn how to take cultural difference into consideration in dietary planning

IMPORTANT DATES and NOTES:

The last date to drop for the Fall 2022 term is September 20th

Voluntary withdrawal (VW) date: November 22, 2022

Course Materials

Required Textbooks:

Course notes will be provided and posted on UM Learn

UM Learn:

This course will use the UM Learn platform which can be accessed:

<https://universityofmanitoba.desire2learn.com/>

The Centre for the Advancement of Teaching and Learning offers training on UM Learn platform at

<https://umanitoba.ca/centre-advancement-teaching-learning/technologies/umlearn>

Optional Reading Materials:

Kittler, P. G., & Sucher, K. P. (2017). Food and culture. (7th ed.). Toronto, Ontario: Nelson Thomson Learning (optional), One physical copy at the Dafoe Library, digital copy can read online via the library.

Fieldhouse, P. (2017) Food, feasts, and faith : an encyclopedia of food culture in world religions. digital copy can read online via the library.

Course Schedule:

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to Section 2.8 of ROASS

(<https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students>)

Date	Class Content & Teaching Strategies	Type of Assessment	Due Date	Value of Final Grade
September 13	Introductions, course outline and expectations			
September 15	Food habits			
September 20	Food ideology			
September 22	Food ideology (cont'd)			
September 27	Webinar #1 (Indigenous food)			
September 29	Dietary revolutions (Cuisine)			
October 4	Social functions of food	Webinar #1 reflection due (electronic submission)	October 4 11:55 PM	7.5%
October 6	Social functions of food (cont'd)			
October 11	Food and gender			
October 13	Religion and food			
October 18	Religion and food (cont'd)	Ethnic food store visit paper due by tomorrow (electronic submission)	October 18 11:55 PM	20%
October 20	Mid-term exam	Online (MCQs)		20%
October 25	Morals and ethics			
October 27	Morals and ethics			
November 1	Myths, taboos, and superstitions	Topic outline will be available 1 week earlier		
November 3	Psychological aspects of food choice			
November 7 and 11	No class			
November 15	Food for the			

	masses			
November 17	Webinar #2 (The Legacy of Nutritional Experiments in Residential Schools)			
November 22	No class			
November 24	Foodway group project presentation	Webinar #1 reflection due (electronic submission)		7.5%
December 1st	Foodway group project presentation			
December 3rd	Foodway group project presentation			
December 8th	Foodway group project presentation			
December 10th	Foodway group project presentation + summary and revision for the final			
TBA	FINAL exam by the Registrar's Office			25%

Course Assessments

Evaluation due date	Assessment	Grade %
October 4th	Webinar reflection #1	7.5%
October 18th	Ethnic food store visit paper	20%
October 20st	Mid-term test	20%
Late November/ early December (TBA)	Foodway group project presentation	20%
November 24th	Webinar reflection #2	7.5%
December 11-23	Final exam	25%

Assessment Descriptions

Webinar Reflection (2x): Throughout the course you will be assigned relevant webinars to watch. Upon completing the webinars you will need to submit a maximum 1-page reflection. This reflection should include a summary of relevant info from the webinar and your response, opinions, feelings to the information covered in the webinar. Please note you are not expected to summarize the entire webinar, pick an area that you found interesting to focus on. (Due 1 week or more from assigned date, 15% of final mark). Full assignment details will be posted on UM Learn.

Ethnic Food Store Visit: Investigate the availability of foods in Winnipeg for a specific cultural group (not the one your group is studying for the foodway group presentation). Begin by reading the relevant chapter in Kittler et al. (2017) (optional textbook) about the cultural group that you have chosen. If the culture is not described in Kittler et al. (2017), find other sources (any credible source serves the purpose). Write a one-page (400 word max) summary of what you have learned about the cultural groups food practices. It is helpful to do this before your store visit. Next, visit a store that serves the cultural group you have selected. Describe its role in the community. List 10 food items sold in the store. Identify a food or ingredient sold in the store that you have never prepared or eaten before, look up and describe what the food looks like, its taste, texture, aroma, how it is prepared and used. Reflect on your experience. How did it feel to visit the store? What did you learn about food? And about the cultural group? And about yourself? Cite the sources you use appropriately, not included in page count. Maximum 3 pages, double-spaced. Full assignment details will be posted on UM Learn.

Cultural Foodways Assignment: Group presentations, consisting of ~3 students, that will report on the food patterns, beliefs, and attitudes of a selected group. The presentation not to be longer than 25 minutes, with 5 minutes for class questions and discussion, for a total of 30 minutes maximum. The presentations will be evaluated by the instructor and students. Full assignment details will be posted on UM Learn.

Assessment feedback: Exam grades will be available on UM Learn within 5 days of completion of the exam. Reflection and paper grades will be available 2 weeks after the due date. Grades will be posted via UM Learn.

Grading:

There are no extra credit opportunities available in this class.

Final grades will be rounded up to the nearest 5%.

Letter Grade	Percentage out of 100	Final Grade Point
A+	95-100	4.5
A	86-94	4.0
B+	80-85	3.5
B	72-79	3.0
C+	65-71	2.5
C	60-64	2.0
D	50-59	1.0
F	Less than 50	0

Expectations:

What I expect of you:

To respect and follow all University of Manitoba policies. Follow my course instructions. Contribute to class discussion as much as you can. Checking your UofM email and UofM Learn regularly for potential class updates. [See Respectful Work and Learning Environment Policy.](#)

What you can expect of me:

Make the learning environment in this class inclusive, enjoyable, and informative. To accommodate all of your reasonable requests within the University of Manitoba policies. Be available to help your educational needs within. Do my best to teach you updated topics in the area of functional foods and nutraceuticals.

[See Respectful Work and Learning Environment Policy.](#)

Course Policies

Academic Integrity

Each student in this course is expected to complete their coursework and programs of study with integrity by making a commitment to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.

In this course, academic integrity looks like referencing the work of others that you have used and completing your assignments independently unless otherwise specified. For assignments/projects where you are encouraged to work in a group or team, ensure that your assignment/project is completed with integrity. You must also do your own work during exams.

Accessibility

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) (<https://umanitoba.ca/student-supports/accessibility>) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g., mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

520 University Centre

(204) 474-7423

Student_accessibility@umanitoba.ca

Attendance

There are no marks assigned to attendance in this course. However, content that may be missed due non-attendance may be on the mid-term and final exam.

Assignment Extension and Late Submission Policy

Should you have a genuine need to request an extension for the assignment, please contact me as soon as possible, preferably before the deadline. Late submission without prior contact and approval will result in a 5% reduction in the assignments grade for every day past the deadline.

Class Communication

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_wit_h_students_policy.html.

Please note that all communication between me and you as a student must comply with the electronic communication with student policy. Please include HNSC3350 at the start of the subject line in emails related to this course.

Recording Class Lectures

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission from Dylan MacKay. Course materials (both paper and digital) are for the participant's private study and research.

Referencing Style

Assignments should use the Vancouver reference style as outlined in the text: Citing Medicine: The NLM Style Guide for Authors, Editors, and Publishers [Internet]. 2nd edition

<https://www.ncbi.nlm.nih.gov/books/NBK7265/>

Technology Use

Students may use laptops, cellphones or tablets in the classroom provided they are muted (unless part of a medical device) and that their use does not distract or block the view of other people in the class. Additionally students must be aware that policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](https://bit.ly/3OxGtnd) (<https://bit.ly/3OxGtnd>) are applicable in all University-related activities, even ones happening in online environments such as social media platforms. Also the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner are applicable.

Using Copyrighted Material

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn) or any website (e.g., Course Hero, Chegg, etc.), unless an exception to the Copyright Act applies or written permission has been confirmed. For more information, see the [University's Copyright Office website](http://umanitoba.ca/copyright/) (<http://umanitoba.ca/copyright/>) or contact um_copyright@umanitoba.ca

UM Policies

As a student at the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The University of Manitoba (UM) website's [Governing Documents](https://umanitoba.ca/governance/governing-documents) (<https://umanitoba.ca/governance/governing-documents>) is one important source of information, in particular the Academic and Students sections. The Student Advocacy office can also help you understand policies and procedures; find their information in the UM Learner Supports section below.

Academic Calendar

The [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) is the University's official

publication containing course descriptions, program and graduation requirements, as well as UM and faculty/school-specific rules, regulations and policies. In particular, familiarize yourself with the sections *University Policies and Procedures* and *General Academic Regulations*.

Academic Integrity

In addition to reviewing your instructor's academic integrity policy listed in their syllabus, you are expected to view the *General Academic Regulation* section within the [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) and specifically read the regulation pertaining to Academic Integrity. Ask your instructor for additional information about demonstrating academic integrity in your academic work, and consult the following UM resources for more information and support:

- [Academic Integrity](https://umanitoba.ca/student-supports/academic-supports/academic-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity>)
 - [Student Resources](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity>)
 - [Academic Misconduct and How to Avoid It](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it>)
- [Student Advocacy Office](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>)

Copyright

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The [Copyright Office](https://umanitoba.ca/copyright/) (<https://umanitoba.ca/copyright/>) provides copyright resources and support for all members of the University of Manitoba community.

Grade Appeals

If you have questions about your grades, talk to your instructor. There is a process for term work and final grade appeals. Note that you have the right to access your final examination scripts. See the [Registrar's Office](https://umanitoba.ca/registrar/grades/appeal-grade) (<https://umanitoba.ca/registrar/grades/appeal-grade>) for more information including appeal deadline dates and the appeal form.

Intellectual Property

For information about rights and responsibilities regarding intellectual property view the [Intellectual Property Policy](https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property) (<https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property>)

Program-Specific Regulations

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective [faculty/college/school](https://umanitoba.ca/academics) website (<https://umanitoba.ca/academics>).

Respectful Work and Learning Environment

The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate and respectful manner. Policies governing UM community behaviour include:

- [Respectful Work and Learning Environment](https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy) (<https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy>)

- [Student Discipline](https://umanitoba.ca/governance/governing-documents-students#student-discipline) (https://umanitoba.ca/governance/governing-documents-students#student-discipline)
- [Violent or Threatening Behaviour](https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour) (https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour)

The UM website, [Engaging in Respectful Conduct](https://umanitoba.ca/student-supports/respectful-conduct) (https://umanitoba.ca/student-supports/respectful-conduct), includes more details about expectations for behaviours related to university activities.

Sexual Violence Policies

The UM has several policies and procedures that deal with the rights and responsibilities of the University community with regards to all forms of sexual violence. For a comprehensive list of policies and associated resources, visit the [Sexual Violence Resource Centre's information page](https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed) (https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed). Please note that there are many supports available in addition to these policy documents (see UM Learner Supports).

Voluntary Withdrawal

Voluntary withdrawal (VW) is a way for students to leave a class without academic penalty once the Registration Revision Period has ended. If you opt to voluntarily withdraw from a course, you will not be eligible for a refund and, if applicable, will still be required to pay any outstanding tuition fees for the course. On your transcript, the course you have withdrawn from will be listed; however, "VW" will appear in lieu of a grade. If you do not drop a course before the VW deadline, you will receive a final grade in the course on your transcript.

Please note that there are separate deadlines for dropping a course early in a term during the Registration Revision Period. Dropping a course means you are removing that course from your schedule, will not be charged tuition fees for that course, and the course will not appear on your transcript.

The Registrar's Office website, [Withdraw from a Course](https://umanitoba.ca/registrar/withdraw-course) (https://umanitoba.ca/registrar/withdraw-course), includes more information on the different ways in which you can withdraw from a course and important dates and deadlines to do so.

UM Learner Supports

Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the [Student Supports website](https://umanitoba.ca/student-supports) (https://umanitoba.ca/student-supports).

Academic Advising

Contact an [Academic Advisor](https://umanitoba.ca/student-supports/academic-supports/academic-advising) (https://umanitoba.ca/student-supports/academic-supports/academic-advising) for support with degree planning and questions about your academic program and regulations.

Academic Learning Centre (ALC)

The [Academic Learning Centre](https://umanitoba.ca/student-supports/academic-supports/academic-learning) (https://umanitoba.ca/student-supports/academic-supports/academic-learning) offers one-to-one tutoring, groups study sessions and workshops, as well as video and tip-sheet resources to help you throughout your academic program. All Academic Learning Centre programing, supports, and services are free for UM students.

Make an appointment for [free one-to-one tutoring](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring). **Content tutors** (over 90 UM courses) can help you understand concepts and learn problem-solving strategies. **Study skills tutors** can help you improve your skills such as time management and goal setting, reading and note-taking, as well as learning and test-taking strategies. **Writing tutors** can give you feedback on your academic writing, whether you are just getting started on a written assignment or already have a draft. **English as an Additional Language** specialist, Antoanela Denchuk, is available for one-to-one tutoring to help you improve your English-language academic writing skills. Use the drop-down menu, read the tutor biographies, and make an appointment for tutoring on the [Academic Learning Centre schedule](https://manitoba.mywconline.com/) (https://manitoba.mywconline.com/).

Attend [Supplemental Instruction \(SI\)](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) sessions in historically difficult courses (including Chemistry, Engineering, and Computer Science). These free weekly review sessions are facilitated by a peer mentor who has previously taken the course and provide an opportunity to discuss course content, ask questions, compare notes, solve practice problems, and develop study strategies. See online for a list of SI courses and meeting times.

Register for an [Academic Success Workshop](https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops), where you can learn strategies to improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for [Faculty of Graduate Studies Grad Steps Workshops](https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops) (https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops). These workshops are specifically designed for students working towards **Master's degrees or PhDs**. More information on topics, dates, and registration can be found online.

Access the Academic Learning Centre's collection of [videos and tip sheets](https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) (https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) to help you with many of the academic tasks you'll encounter in university.

Contact the Academic Learning Centre by calling 204-480-1481 or emailing academic_learning@umanitoba.ca Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

Basic Needs

It can be difficult to learn and succeed in courses when you are struggling to meet your or your family's basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- *Housing*
 - [UM Housing](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
 - [Winnipeg Rental Network](https://www.winnipegrentnet.ca/) (https://www.winnipegrentnet.ca/)
 - [Manitoba Residential Tenancies Branch](https://www.gov.mb.ca/cca/rtb/) (https://www.gov.mb.ca/cca/rtb/)
 - [HOPE End Homelessness Winnipeg Services & Supports](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
- *Food*
 - [U of M Food Bank](https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank) (https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank)
 - [Food Matters Manitoba](https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/) (https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/)

- *Finances*
 - [UM Financial Aid and Awards](https://umanitoba.ca/financial-aid-and-awards) (https://umanitoba.ca/financial-aid-and-awards)
 - [Manitoba Student Aid](https://www.edu.gov.mb.ca/msa/) (https://www.edu.gov.mb.ca/msa/)
- *Child Care*
 - [UM Child Care](https://umanitoba.ca/about-um/child-care) (https://umanitoba.ca/about-um/child-care)
 - [Manitoba Child Care Subsidy](https://bit.ly/3yG3ijy) (https://bit.ly/3yG3ijy)
 - [Manitoba Child Care Association](https://mccahouse.org/looking-for-child-care/) (https://mccahouse.org/looking-for-child-care/)

English Language Centre

The [English Language Centre \(ELC\)](https://umanitoba.ca/english-language-centre) (https://umanitoba.ca/english-language-centre) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

Health and Wellness

Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM's resource on their [Health and Wellness](https://umanitoba.ca/student-supports/student-health-and-wellness) (https://umanitoba.ca/student-supports/student-health-and-wellness) website, and make note of several specific UM and community supports listed below.

Winnipeg Urgent Physical and Mental Health Care

If you are an adult experiencing a mental health or psychosocial crisis, contact the [Klinik Community Health](https://klinik.mb.ca/crisis-support/) (https://klinik.mb.ca/crisis-support/) 24/7 crisis line at 204-786-8686, visit the [Crisis Response Centre](https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) (https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) located at 817 Bannatyne Avenue, or contact the Mobile Crisis Service at 204-940-1781.

To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact [Health Links](https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) (https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority's [Emergency Department & Urgent Care Wait Times](https://wrha.mb.ca/wait-times/) webpage (https://wrha.mb.ca/wait-times/) for a list of locations and current wait times.

Student Counselling Centre (SCC)

The [Student Counselling Centre](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) provides free counselling and mental health support to UM, English Language Centre, and International College of Manitoba (ICM) students. We are open year-round, Monday through Friday from 8:30 am to 4:30 pm. Our commitment is to offer a support service to every student who contacts us.

Visit the SCC's [For Urgent Help](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage or the urgent care resources listed above if you require immediate support.

Visit the SCC's [Our Services](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services.

The SCC is located is located at 474 UMSU University Centre (Fort Garry Campus).

Health and Wellness Office

Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a judgment-free space and we avoid labels whenever possible. For more information, please visit the [Health and Wellness Office](https://umanitoba.ca/student-supports/health-wellness) (<https://umanitoba.ca/student-supports/health-wellness>) website.

Spiritual Care and Multifaith Centre

Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. [Spiritual Services](https://umanitoba.ca/student-supports/spiritual-services) (<https://umanitoba.ca/student-supports/spiritual-services>) also offer specific denominational support for certain religious groups and by Indigenous Elders-in-Residence.

Student Support Case Management (SSCM)

Contact the [Student Support Case Management team](https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management>) if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

University Health Service (UHS)

The [University Health Service](https://umanitoba.ca/student-supports/health-wellness/university-health-service) (<https://umanitoba.ca/student-supports/health-wellness/university-health-service>) offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

Student Services at Bannatyne Campus

Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the [SSBC website](https://umanitoba.ca/student-supports/student-services-bannatyne-campus) (<https://umanitoba.ca/student-supports/student-services-bannatyne-campus>) for a list of services available.

Indigenous Students

Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous [Student Experience](https://umanitoba.ca/indigenous/student-experience) (<https://umanitoba.ca/indigenous/student-experience>) website for more information on the supports and services available.

International Students

The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit

the [International Students](https://umanitoba.ca/current-students/international) website (<https://umanitoba.ca/current-students/international>) for more information.

Sexual Violence Support and Education

Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

The [Sexual Violence Resource Centre](https://umanitoba.ca/sexual-violence) (<https://umanitoba.ca/sexual-violence>), located at 537 UMSU University Centre (Fort Garry campus) provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence.

Student Accessibility Services (SAS)

The University of Manitoba is committed to providing an accessible academic community. [Student Accessibility Services](https://umanitoba.ca/student-supports/accessibility) (<https://umanitoba.ca/student-supports/accessibility>) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g., mental health, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. SAS is located at 520 University Centre (Fort Garry Campus).

Student Advocacy

[Student Advocacy](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>) is a safe place for students. We help you navigate university processes and advocate for your rights as a student at UM. If anything in your personal or academic life is affecting your studies, contact our confidential intake assistant by phone (204-474-7423) or email (stadv@umanitoba.ca).

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A [complete list of liaison librarians](http://bit.ly/WcEbA1) (<http://bit.ly/WcEbA1>) can be found by subject.

In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the [UM Libraries and Departments](https://libguides.lib.umanitoba.ca/c.php?g=298526) (<https://libguides.lib.umanitoba.ca/c.php?g=298526>) webpage. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the [University of Manitoba Libraries' homepage](https://umanitoba.ca/libraries/) (<https://umanitoba.ca/libraries/>).