



**University of Manitoba
Faculty of Agricultural and Food Sciences
Departments of Plant & Animal Science
Winter Term 2023**

PLNT 0750

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COURSE DETAILS

Course Title & Number:	Forage and Pasture Management, PLNT 0750
Number of Credit Hours:	4
Class Times & Days of Week:	Monday, Wednesday, Friday. 12:30-1:20pm Labs - Tuesday 2:30-3:45 Thursday 2:30-3:45
Location for classes/labs/tutorials:	Classes: Agriculture 138 Lab: Agriculture 134
Pre-Requisites:	NA

Instructor Contact Information

Instructor(s) Name:	Dr. Douglas J. Cattani, Assistant Professor, Department of Plant Science
Office Location:	Rm 105/228 Agriculture Building
Office Hours or Availability:	By appointment or before or after class
Office Phone No.	204-474-6071
Email:	Doug.Cattani@umanitoba.ca

Course Goals

- Provide you with tools for forage and pasture management, including knowledge of forage species, knowledge of different grazing management approaches and knowledge of pasture system design.
- Expand your view of the important role that forages play in agriculture
- Help you develop skills important to your success as a farm manager or agronomist (critical thinking/decision making).
- Treat you as an adult learner.

Who should take this course?

- 1) Students interested in animal and forage production.

- 2) Students interested in the maintenance of the perennial grasslands (cultured and native) and the ecological benefits they provide.
- 3) Students interested in the use of perennial species for food and fibre.
- 4) Students interested in diversity in agriculture and how grassland agriculture can be a conduit for enhancing diversity.

General Course Information

Grassland agriculture is important for animal agriculture and for the maintenance of soil quality of lands and for those lands not suited to annual crop production. The relationship between plant cover, the health of the environment and the production of animals is key to understanding both the utilization of grasslands for animal feed, the productivity of the grassland and the productivity of animal agriculture. The beef production industry in western Canada has been negatively impacted by BSE and other outside influences in the past decades leading to a reduction of lands under perennial cover (pasture, hayfield and range), exposing the landscape to additional risks that come with annual crop production practices. The maintenance of perennial crops for animal feed provides habitats for many native flora and fauna that would not exist under annual cropping. The economic production of animals for human consumption is important, however all costs and benefits must be understood in order to achieve this in a sustainable manner. Additionally, other potential opportunities to use perennials on agricultural lands, including fiber and food will be covered. Practices covered may be applied in any agricultural ecosystem.

Course Objectives

By the end of this course, Students will:

1. Be able to identify forage crop species, assess their suitability to the area of application and formulate seeding mixtures (if applicable) and a management system for grasslands.
2. Categorize plant growth strategies and generate plant stands that provide adequate agricultural and ecological benefits to the area of concern.
3. Illustrate the production of forages and explain how plant growth and development impact forage quantity and quality.
4. Understand plant and animal interactions to develop and utilize a planned pasture system effectively.
5. Be able to identify requirements of an effecting grazing system.
6. Provide the basics that can help determine the greenhouse gas footprint of an integrated forage/crop/ruminant livestock operation.

Learning Outcomes

Learning outcomes assist: i) students to identify the knowledge, skills, attitudes and personal attributes expected of them to successfully complete their program of studies; ii) faculty to develop learning goals and objectives in their courses and programs, in prioritizing and focusing

the learning experiences, and in the selection of appropriate assessment tools and; iii) potential students and outside agencies to assess the quality of our academic programs.

These learning outcomes areas include:

Scholar, Content and technical expertise, Social accountability, Communicator, and Professional

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, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Recording Class Lectures

Dr. Douglas J. Cattani and the University of Manitoba hold copyright over the course materials, presentations and lectures which form part of this course. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the course instructors. Course materials (both paper and digital) are for the participant's private study and research.

Textbook, Readings, Materials

Textbook(s) – Authors, Titles, Edition

None.

Supplementary Reading:

1. Undersander et al. 2005: Alfalfa Mangement Guide

Additional Materials: Resources

Western Beef Development Centre videos:

Short-term forage legumes in dryland areas of the prairies. Dr. Paul Jefferson

http://www.youtube.com/watch?v=Lexav_PgYCM.

Seeding alfalfa into grass pastures Dr. Paul Jefferson

http://www.youtube.com/watch?v=35XOgQn_6g.

Winter grazing standing corn with beef cattle

http://www.youtube.com/watch?v=IJR8BOczm_Y.

Winter feeding cows on pasture

<http://www.youtube.com/watch?v=4j5ZoujysaA>.

Additional handouts may be given out in class.

Several textbooks (with their library call numbers) can be used as background for the course lecture which include:

- Grazing Management: An Ecological Perspective - SF 85 G73 1991
- Range Management: Principles & Practices - SF 85 H56 2001

Course Technology

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. The student can use all technology in classroom setting only for educational purposes approved by instructor and/or the University of Manitoba Disability Services. Student should not participate in personal direct electronic messaging / posting activities (e-mail, texting, video or voice chat, wikis, blogs, social networking (e.g. Facebook) online and offline “gaming” during scheduled class time. If student is on call (emergency) the student should switch his/her cell phone on vibrate mode and leave the classroom before using it. (@[S Kondrashov](#). Used with permission)

Recordings (or photographs) are not permitted except when required to do so by Student Accessibility Services.

Course material, where applicable, will be uploaded to UM Learn under PLNT 0750.

Class Communication

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_with_students_policy.html.

Please note that all communication between instructors and students must comply with the electronic communication with student policy

(http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html). You are required to obtain and use your U of M email account for all communication between yourself and the university.

Expectations: I Expect You To

Students are expected to attend class regularly, read assigned materials in a timely manner, participate in discussion and complete all assignments and examinations with academic integrity and honesty. Students are encouraged to ask questions for clarification and seek assistance from instructors if they require additional explanations or resources. In addition, students are expected to conduct themselves in a manner that is respectful of the learning environment, other students and instructors.

Academic Integrity:

Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty. Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room. Exam cheating can also include exam impersonation. A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty. Students should acquaint themselves with the University's policy on plagiarism, cheating, exam impersonation and duplicate submission (see Section 7, p. 29 in the University of Manitoba Undergraduate Calendar 09/10).

Group Work Policies: For individual assignments, students may cooperate and discuss the assignment; however, each student must hand in their own assignment, written in their own words. Duplicate assignments (either whole or in part) will be considered acts of academic dishonesty and will be subject to disciplinary action according to University policy.

For Group Assignments: One report per group is required.

Use of Third Party Detection and Submission Tools

If applicable, electronic detection tools may be used to screen assignments in cases of suspected plagiarism.

Students Accessibility Services

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. Students Accessibility Services (SAS) 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.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student_accessibility@umanitoba.ca

Class 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 the – [ROASS-Procedure](#)).

Lecture Topic Outline:

- Section 1 - The unique role of forages in agricultural systems.
 - Section 2 - Selecting forages for the farm. Species and mixtures.
 - Section 3 - Growing the crop.
 - Section 4 - Forage establishment.
 - Section 5 - Forage quality; Forage harvesting and storage.
 - Section 6 - Pasture and range management.
 - Section 7 - Forage seed production.
 - Section 8 - Forages and environmental sustainability.
 - Section 9 - Forages and society - Issues affecting animal agriculture and forage use
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Important Dates

January 18, 22 - 24, 2024	No classes – Experiential Learning
February 19 - 23, 2024	Louis Riel Day and Mid-Term break: No Classes
March 20, 2024	Last day for Voluntary Withdrawal from all Fall/Winter Term 2022/2023 and Winter Term 2023 courses
April 6, 2024	Last day of classes
April 7, 2024	Examinations begin for School of Agriculture

Results on Performance Prior to Voluntary Withdrawal Deadline

Results on student performance will be provided before voluntary withdrawal date (approximately 50% of total grade).

Instructional Methods

A combination of instructional methods will be used in this course. Traditional in class lectures will be delivered in combination with group discussions. Guest speakers may also be invited to give lectures, enhancing the applicability of the information given. Laboratory sessions will be used for practical instruction on plant identification and how to develop a grazing plan for any livestock operation.

Lab Schedule

Date	Lab Content	Required Readings or Pre-Class Preparations	Evaluation
Jan 09, Jan 11	Seeding experiment	Lab manual	Laboratory presentation & write-up (15% total)
Jan 16, Jan 25	Forage and pasture seed identification	Lab manual	Plant ID test (Mar 6 - 15%).
Jan 30 Feb 01	Legume seedling identification	Lab manual	Plant ID test (Mar 6 - 15%).
Feb 06, Feb 08	Grass seedling identification	Lab manual	Plant ID test (Mar 6 - 15%).
Feb 13, Feb 15	Mature plant identification (legume)	Lab manual	Plant ID test (Mar 6 - 15%).
Feb 27 Feb 29	Mature plant identification (grasses)	Lab manual	Plant ID test (Mar 6 - 15%).
March 6	Plant ID Quiz - 6:00 PM	Lab manual and lab presentations	15% of final mark (must pass ID test to pass course)
Mar 12, Mar 14	Seeding experiment presentation	Lab manual and lab presentations	5%
Mar 22	Seeding Experiment write-up	Lab manual and lab presentations	10%

Course Evaluation Methods:

Due Date:	Assessment Tool	Value of Final Grade
February 2, 2024	Quiz 1	15%
March 11, 2024	Quiz 2	15%
February 16, 2024	Forage species Fact Sheet (Assignment 1)	10%
March 6, 2024	Plant ID test, Laboratory	15%

Mar 12, 14, 2024	Lab Group presentations, Seedling Emergence	5%
March 22, 2024	Lab Reports - Seedling Emergence	10%
Final Exam	Scheduled by School of Agriculture	30%

Laboratory TA – Daniel Pouteau, pouteau2@myumanitoba.ca

Marker TA - Alexa Peterson, peters86@myumanitoba.ca.

Grade Evaluations

The grade will be evaluated through a combination of examinations, assignments, class participation and discussion.

Grading: The following grading scale is usually applied to this course.

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	93-100	4.25-4.5	4.5
A	84-92	3.75-4.24	4.0
B+	78-83	3.25-3.74	3.5
B	72-77	2.75-3.24	3.0
C+	65-71	2.25-2.74	2.5
C	60-64	2.0-2.24	2.0
D	50-59	Less than 2.0	1.0
F	Less than 50		0

It is expected that the class average will likely be in the B grade range.

Assignment Descriptions

Description of Assignments

1. Forage Species Fact Sheet - Individual Assignment to be completed by student and handed in (emailed) by 4:30 PM **February 16, 2024**
2. Forage Lab - Seed Establishment
 - Laboratory (GH) establishment of perennials seeds. One assignment per group to be handed in (emailed) by 4:30 PM **March 22, 2024**

Assignment Due Dates

Due Date:	Assessment Tool	Value of Final Grade
February 16, 2024	Forage Species Fact Sheet	10%
March 22, 2023	Lab Reports - Seedling emergence (Group)	10%

Assignment Extension and Late Submission Policy

Late Assignments: Assignments must be submitted by the end of the day (6:00pm) on the date that it is due. There will be a 10% deduction for every 24-hour period the assignment is late. **After 3 days, no assignments will be accepted.**

Missed Assignments: Unexcused missed assignments will be given a grade of zero. Where assignments are missed and excused through written notification such as a doctor's certificate of illness, evidence of death in the family, or other circumstances that are beyond the control of the student, the student may be given the following options: 1) complete the assignment and receive the late assignment penalty as describe above; 2) establish a new due date with the instructor and complete the assignment without penalty when handed in by the new due date; or, 3) the final grade will be determined by increasing the value of the final examine by the amount that would have been allocated to the missed assignment.

Missed Exams: Unexcused missed exams will be given a grade of zero. Where exams other than the final exam are missed and excused through written notification such as a doctor's certificate of illness, evidence of death in the family, or other circumstances that are beyond the control of the student, the student may be given the following options: i) re-schedule a date for the exam with the instructor and complete the exam at that time (the instructor has the option to set a different exam); or, 2) the final grade will be determined by increasing the value of the final examine by the amount that would have been allocated to the missed exam. If the final exam is missed and an appropriate excuse has been provided, another exam date will be set at the discretion of the instructor.

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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 <https://umanitoba.ca/sexual-violence>

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-) (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 programming, 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) (<https://foodmattersmanitoba.ca>)
- *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](https://libguides.lib.umanitoba.ca/) (<https://libguides.lib.umanitoba.ca/>) 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/>)