



Course Outline
Food & Human Nutritional
Sciences
/Food Sciences
4540 Functional Foods and
Nutraceuticals
Fall 2025

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COURSE DETAILS

Course Title & Number:	FOOD/HNSC 4540: Functional Foods and Nutraceuticals
Term	Fall 2025
Number of Credit Hours:	3.0
Class Times & Days of Week:	Tuesdays 5:30-7:45PM. September 9 to Dec 2, 2025
Location for classes:	Room 343 Agriculture building
Pre-Requisites:	[CHEM 2770 or MBI0 2770 (002.277 or 060.277) or CHEM 2360 or MBI0 2360 (002.236 or 060.236)].

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Sepideh Mahboobi PhD (she/her), you can call me Sepideh
Office Location:	-
Office Hours or Availability:	Virtual meetings can be booked on request
Office Phone No.	-
Email:	Sepideh.mahboobishoorjeh@umanitoba.ca Please include FHNS4540 or FOOD4540 at the start of the subject line in emails related to this course. All email communication must conform to the Communicating with Students university policy.
Contact:	Please contact the instructor via university email. You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university.

Traditional Territory/Land Acknowledgment

When we go to celebrations, we often connect to spirit, be it through sound, at a cultural gathering, listening to the heartbeat of the drum, katajjaq (Inuit throat singing), or a Métis fiddle, instruments made of the land. We as humanity are like those instruments, we are connected to the land, we are land. Land connects and sustains us, and we learn from land that teaches people responsibility by honoring and acknowledging her gifts. We are all interconnected (Leah Fontaine, 2022).

A land acknowledgment addresses the cultural practices of connecting to land that Leah describes above, and is one step towards reconciliation, decolonization, and Indigenization. The current UM Traditional Territories Acknowledgment is as follows:

The University of Manitoba campuses are located on original lands of Anishinaabeg, Ininiwak, Anisininewuk, Dakota Oyate and Dene, and on the National Homeland of the Red River Métis.

We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of Reconciliation and collaboration.

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](#)

Course Description

U of M Course Calendar Description

This course will examine the bioactive components of functional foods and nutraceuticals, their sources, chemistry, process technology, efficacy, safety and regulation. Also offered as FOOD 4540. May not be held with FOOD 4540.

General Course Description

This course broadly covers the topic of dietary supplements and functional foods, their definitions and history, common ingredients, development and approval, how they are evaluated for health effects. This is done while also exploring the research programs of faculty members in the Food and Human Nutritional Sciences department, or the most up to date literature related to functional foods and nutraceuticals. This course would benefit students interested in careers related to the dietary supplements and functional foods industry, students interested in graduate programs in the department of Food and Human Nutritional Sciences, and students looking to increase their ability to separate facts from marketing in the field of nutrition.

Course Goals

1. Provide students with background information and definitions necessary to promote their learning and intellectual development in functional foods and nutraceuticals
2. Develop students' critical thinking skills and the ability to evaluate the evidence for functional foods and nutraceuticals using suitable resources, such as those provided through UofM libraries

Course Learning Objectives

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

1. Have a general knowledge of the history of functional foods and nutraceuticals (dietary supplements)
2. Distinguish differences between conventional foods and functional foods
3. Distinguish differences between nutraceuticals and pharmaceuticals
4. List at least one potential health benefit of common functional foods and nutraceuticals ingredients
5. Identify the basic physicochemical properties of dietary agents with health promoting properties
6. Understand how to search for literature relevant to functional foods and nutraceuticals development and use
7. Understand how to evaluate the strength of evidence available for the use of functional foods and dietary supplements
8. Conduct comprehensive reviews on specific topics related to functional foods and nutraceuticals using suitable resources
9. Write an informative scholarly article that is comprehensive, clear and technically sound on the topic of functional foods and nutraceuticals

Textbook, Readings, and Course Materials

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>

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://search.lib.umanitoba.ca/permalink/01UMB_INST/1p55dqn/alma99149165510201651

Optional Reading Materials:

Nutraceuticals, Nutrition Supplement and Human Health. Rafat Siddiqui and Mohammed Moghadasian (2020) <https://doi.org/10.3390/books978-3-03936-556-2>

Functional Foods and Nutraceuticals. R.E. Aluko (2012) Available via UM Libraries

https://search.lib.umanitoba.ca/view/action/uresolver.do?operation=resolveService&package_service_id=896753677750001651&institutionId=1651&customerId=1650&VE=true

Cereal Grain-Based Functional Foods. Trust Beta (2019) Available via UM Libraries <https://pubs-rsc-org.uml.idm.oclc.org/en/content/ebook/978-1-78801-148-8>

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.

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.

CLASS SCHEDULE AND COURSE EVALUATION

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](#).

The schedule should include dates and times of classes, including missed classes due to holidays or other commitments of the instructor. It also includes dates of assignments/quizzes/exams and alternate forms of assessments, date for voluntary withdrawal, and dates when students can expect to receive their assignment or test grades.

Date	Class Content & Teaching Strategies	Evaluation		
		Type of Assessment	Due Date	Value of Final Grade
Sep 9	Introduction to course schedule and materials. A historical overview to functional foods and functional ingredients (Dr. Mahboobi)	n/a	n/a	n/a
Sep 16	Experimental and Clinical evidence on efficacy of functional foods and nutraceuticals (Dr. Mahboobi)	Term paper topic selection	December 30 th	5%
		Term paper outline and search strategy	October 21 st	5%
		Term Paper	December 2 nd	20%

Sep 23	An introduction to the UM Libraries and an introduction to reference management software (Ryan Schultz, Reference Librarian and Liaison Librarian for the Faculty of Agricultural and Food Sciences) and Assignment of the term paper and topic selection (Dr. Mahboobi)	n/a	n/a	n/a
Sep 30	Dietary antioxidants (guest lecturer -TBD) Term paper topic is due on UMLearn	n/a	n/a	n/a
Oct 7	Cereal Grain Phytochemicals and Potential Health Benefits (guest lecturer TBD)	Practice midterm questions will be posted on UMLearn	n/a	n/a
Oct 14	Functional Beverages (guest lecturer -TBD)	n/a	n/a	n/a
Oct 21	Nutrigenetics and Nutrigenomics (Dr. Mahboobi) Term paper outline is due on UMLearn.	n/a	n/a	n/a
Oct 28	Midterm exam Including materials up to the end of the October 14 th Functional Beverages lecture.	Multiple-choice questions on UMLearn	Timed	35%
Nov 4	Plant proteins as functional foods (Dr. Mahboobi/guest lecturer -TBD)	n/a	n/a	n/a
Nov 11 to 13	Fall Term Break	n/a	n/a	n/a
Nov 18	Bioactive Peptides (guest lecturer- TBD)	n/a	n/a	n/a
Nov 25	Functional Carbohydrates and Human Health (guest lecturer TBD) Term paper is due on UMLearn on Nov 30 th .	n/a	n/a	n/a
Dec 2	Prebiotics, Probiotics and Postbiotics and Human Health (Dr. Mahboobi)	n/a	n/a	n/a
TBA	FINAL exam by the Registrar's Office Including materials from the Nutrigenetics lecture on Oct 21 st until the end of the course.	Multiple-choice questions on UMLearn in person	Timed	35%
				100%

Voluntary Withdrawal

The last date to drop courses for the Fall 2025 term is September 19th, the Voluntary withdrawal (VW) date: November 21

ASSIGNMENT DESCRIPTIONS

This course is assessed via a multi-component term paper, a midterm, and a final exam. The term paper will consist of a maximum of five pages of text (single spaced, times new roman 12 pt font) plus references. The grading will be 5% on topic selection, 5% on outline, 20% on the overall final paper, which contributed to 30% of the final grade. More detail on the paper will be introduced in week 3 when it is assigned, this will include a suggested template/rubric. The exams will consist of multiple-choice questions and will be conducted on the UM Learn platform. The mid-term exam will cover the content of the first half of the course, from weeks 1 to 6. The final exam will cover the content of weeks 6 to 12. The paper will contribute 30%, and each exam will count toward 35% of the course's final grade.

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	Grade Point Range	Final Grade Point
A+	95-100	4.25-4.5	4.5
A	86-94	3.75-4.24	4.0
B+	80-85	3.25-3.74	3.5
B	72-79	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

Expectations: I Expect You To

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.](#)

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 me and you as a student must comply with the electronic communication with student policy. Please include FHNS4540 or FOOD4540 at the start of the subject line in emails related to this course.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). 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.

Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

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 Sepideh Mahboobi. Course materials (both paper and digital) are for the participant's private study and research.

Accessibility:

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

Expectations: You Can Expect Me To

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](#). I will be in class for 10 minutes after the class time to discuss any questions or comments you may have.

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://search.lib.umanitoba.ca/permalink/01UMB_INST/1p55dqn/alma99149165510201651

Example: 1. Wilkinson IB, Raine T, Wiles K, Goodhart A, Hall C, O'Neill H. Oxford handbook of clinical medicine. 10th ed. Oxford: Oxford University Press; 2017

Assignment Feedback

Feedback on term paper topic and outline sections will be provided to students within 1 week on UMLearn. Feedback on final term paper will be provided on UMLearn within 2 weeks. Exam grades will be available on UM Learn within 5 days of completion of the exam.

You will have received 45% of your grade by the Voluntary withdrawal (VW) date of November 21 2025.

Assignment Extension and Late Submission Policy

There will be a reduction of 5% of total potential marks for each day that an assignment is late beyond the deadline, unless the instructor is contacted in advance of the deadline and an extension is agreed upon.

UM POLICIES & LEARNER SUPPORTS

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 [Everything You Need to Thrive](https://umanitoba.ca/student-supports) (https://umanitoba.ca/student-supports) website.

2SLGBTQIA+ Community

Find your queer community on campus! UM is committed to being an inclusive and welcoming space for all 2SLGBTQ+ students, staff and faculty. Visit the [2SLGBTQ+ Community](https://umanitoba.ca/2slgbtq-community) (https://umanitoba.ca/2slgbtq-community) website to access services, find resources, and connect with like-minded people and allies.

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 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>) 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 key 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 have about the research process. Liaisons can be contacted by email or phone, and are also available to meet with you online or in-person. A [complete list of liaison librarians can be found by subject](http://bit.ly/WcEbA1) (<http://bit.ly/WcEbA1>).

General library assistance is also available at both the Bannatyne and Fort Garry campuses by [visiting any library location](https://www.umanitoba.ca/libraries/locations-and-facilities) (<https://www.umanitoba.ca/libraries/locations-and-facilities>). When working online, students can receive help via the Ask Us chat button found on the right-hand side of the [Libraries' homepage](http://www.umanitoba.ca/libraries) (<http://www.umanitoba.ca/libraries>).