



Winter Break Programs Calendar 2020-2021



UNIVERSITY OF
TORONTO

Are you staying or arriving in Toronto over the Winter Break? You're not alone! Whether you want to wind down, virtually meet and mingle, or get ready for the next semester, we have a range of fun, restorative and supportive virtual programs organized over the break for you to enjoy! Happy Holidays!

Cover photography by Diana Tyszko.





December 2020

Please check for new additions to the calendar on the [live link here!](#)

Extended Programs

Date	Event	Host
December 14 - 18, 2020	Daniels Faculty Undergraduate Reviews Fall 2020	Daniels Faculty of Architecture, Landscape and Design
December 14 - 18, 2020	Daniels Faculty Graduate Reviews Fall 2020	Daniels Faculty of Architecture, Landscape and Design

Day Programs

Date	Time (EDT)	Event	Host
December 14, 2020	12pm - 1pm	 Mindful Moments with Liam <i>(Grad Students Only)</i>	SGS
December 14, 2020	1pm - 3pm	 Building Resilience through Self - Compassion <i>(Grad Students Only)</i>	Health and Wellness
December 14, 2020	2:30pm - 4:30pm	 Grad Connection: Navigating Grad School as a Racialized Graduate Student <i>(Grad Students Only)</i>	GradLife
December 14, 2020	5pm - 7pm	 KnitWits for Grads <i>(Grad Students Only)</i>	GradRoom, SGS
December 14, 2020	5pm - 6pm	Meditation & Yoga - Hindu Philosophy	Multi - Faith Centre
December 14, 2020	7pm - 8pm	EngCEO Drop-In Sessions	Faculty of Applied Science & Engineering
December 14, 2020	7pm - 8:30pm	Virtual Improv Classes	Hart House
December 15, 2020	11am - 12:30pm	Breathe Well Workshop	Health and Wellness

 Grad Students Only

Date	Time (EDT)	Event	Host
December 15, 2020	12pm - 1:30pm	<u>Managing Emotions Workshop</u>	Health and Wellness
December 15, 2020	3:10pm - 5pm	<u>Grief Support Sharing Circle</u>	Health and Wellness
December 15, 2020	3:30pm - 4:30pm	<u>Introducing Mindfulness to Children: One Playful Breath at a Time Tuesday</u>	Family Care Office
December 15, 2020	4pm - 5pm	<u>EngCEO Drop-In Sessions</u>	Faculty of Applied Science & Engineering
December 15, 2020	5pm - 7:30pm	<u>Indigenous Graduate Writing Group (Grad Students Only)</u>	Academic Success
December 15, 2020	6pm - 7pm	<u>Moving Meditation - Relaxing Mindfulness Meditation & Yoga</u>	Multi - Faith Centre
December 15, 2020	6:30pm - 9:30pm	<u>Bridge Club</u>	Hart House
December 16, 2020	1pm - 3pm	<u>Board Game Café</u>	Hart House
December 16, 2020	5pm - 6pm	<u>EngCEO Drop-In Sessions</u>	Faculty of Applied Science & Engineering
December 16, 2020	6pm - 7pm	<u>Healing with Yoga</u>	Multi - Faith Centre
December 16, 2020	7pm - 8:30pm	<u>Virtual Improv Classes</u>	Hart House
December 17, 2020	10am - 10:30am	<u>English Pronunciation Online Drop-In Sessions</u>	Hart House
December 17, 2020	11am - 12:30pm	<u>Sleep Well Workshop</u>	Health and Wellness
December 17, 2020	4:30pm - 5:30pm	<u>Reading Scripture in Community</u>	Multi - Faith Centre
December 17, 2020	5:30pm - 7:30pm	<u>Casa Loma Virtual Escape Room</u>	Centre for International Experience

■ Grad Students Only

Date	Time (EDT)	Event	Host
December 17, 2020	7pm - 8pm	<u>EngCEO Drop-In Sessions</u>	Faculty of Applied Science & Engineering
December 17, 2020	2pm - 3pm	<u>Virtual Tour of the Royal Ontario Museum (ROM)</u>	Centre for International Experience
December 18, 2020	5pm - 6pm	<u>EngCEO Drop-In Sessions</u>	EngCEO Drop-In Sessions
December 20, 2020	5pm - 6pm	<u>EngCEO Drop-In Sessions</u>	Faculty of Applied Science & Engineering
December 21, 2020	12pm - 1pm	<u>Mindful Moments with Liam</u> <i>(Grad Students Only)</i>	SGS
December 21, 2020	5pm - 7pm	<u>KnitWits for Grads</u> <i>(Grad Students Only)</i>	GradRoom, SGS
December 21, 2020	7pm - 8:30pm	<u>Virtual Improv Classes</u>	Hart House
December 22, 2020	9:30am - 10:30am	<u>Global Cafes: Cultural Holiday Traditions</u>	International Education Centre, UTM
December 22, 2020	4pm - 5pm	<u>Holidays Grub Club</u>	Centre for International Experience
December 22, 2020	6pm - 7pm	<u>Moving Meditation - Relaxing Mindfulness Meditation & Yoga</u>	Multi - Faith Centre
December 22, 2020	6:30pm - 9:30pm	<u>Bridge Club</u>	Hart House
December 22, 2020	9pm - midnight	<u>EngCEO Winter Festive Night</u>	Faculty of Applied Science & Engineering
December 23, 2020	10am - 12pm	<u>Winter Socials: In Kahoots</u>	First Year Programs, UTSC

■ Grad Students Only

Date	Time (EDT)	Event	Host
December 23, 2020	2pm - 3pm	<u>First Generation Undergrad Student Weekly Drop-In</u>	Student & Campus Community Development
December 23, 2020	7pm - 8:30pm	<u>Virtual Improv Classes</u>	Hart House
December 24, 2020	10am - 10:30am	<u>English Pronunciation Online Drop-In Sessions</u>	Hart House
December 27, 2020	7pm - 9pm	<u>Winter Break Social: Dungeons and Dragons</u>	First Year Programs, UTSC
December 28, 2020	9:30am - 10:30am	<u>Global Cafes: Cultural Appropriation</u>	International Education Centre, UTM
December 28, 2020	12pm - 1pm	<u>Mindful Moments with Liam</u> <i>(Grad Students Only)</i>	SGS
December 28, 2020	5pm - 7pm	<u>KnitWits for Grads</u> <i>(Grad Students Only)</i>	GradRoom, SGS
December 28, 2020	7pm - 8:30pm	<u>Virtual Improv Classes</u>	Hart House
December 29, 2020	2pm - 3pm	<u>Holidays Grub Club</u>	Centre for International Experience
December 29, 2020	5pm - 7pm	<u>Board Game Café</u>	Hart House
December 29, 2020	6:30pm - 9:30pm	<u>Bridge Club</u>	Hart House
December 30, 2020	10am - 12pm	<u>Winter Break Socials: Riddle Me This Scavenger Hunt</u>	First Year Programs, UTSC
December 30, 2020	7pm - 8:30pm	<u>Virtual Improv Classes</u>	Hart House
December 31, 2020	10am - 10:30am	<u>English Pronunciation Online Drop-In Sessions</u>	Hart House

■ Grad Students Only

January 2021

Please check for new additions to the calendar on the [live link here!](#)

Extended Programs

Date	Event	Host
January 4-8, 2020	Career Educator Appointments	Career Exploration and Education
January 4-8, 2020	Peer Career Advisor Appointments	Career Exploration and Education

Day Programs

Date	Time (EDT)	Event	Host
January 3, 2021	7pm - 9pm	Winter Break Socials: Doodles of Fun	First Year Programs, UTSC
January 4, 2021	12:30pm - 1:30pm	Beginner Tai Chi with Juensung Kim	Multi-Faith Centre / BPSU
January 4, 2021	4pm - 5pm	Meditation Class	Multi-Faith Centre
January 4, 2021	5pm - 7pm	 KnitWits for Grads (Grad Students Only)	GradRoom, SGS
January 4, 2021	7pm - 8pm	Social Justice Music Workshop	Multi-Faith Centre
January 4, 2021	7pm - 8:30pm	Virtual Improv Classes	Hart House
January 5, 2021	1pm - 2pm	Career Chat: Adapting to a Changing Labour Market	Career Education and Exploration
January 5, 2021	8pm - 9pm	Hart House Student Ambassadors for UofTea Talks	Hart House
January 5, 2021	4pm - 5pm	Holidays Grub Club	Centre for International Experience
January 5, 2021	10am - 11am	 Graduate Student Orientation (Grad Students Only)	SGS

 Grad Students Only

Date	Time (EDT)	Event	Host
January 5, 2021	6pm - 7pm	<u>Mindful Meditation and Yoga</u>	Multi-Faith Centre
January 5, 2021	6:30pm - 9:30pm	<u>Bridge Club</u>	Hart House
January 6, 2021	9:30am - 11am	 <u>Toronto Tips for International Grads (Grad Students Only)</u>	Centre for International Experience
January 6, 2021	10am - 12pm	<u>Winter Break Socials: Paint Night</u>	First Year Programs, UTSC
January 6, 2021	12pm - 1pm	<u>Build a Routine & Preparing for Success Workshop</u>	Accessibility Services
January 6, 2021	2:30pm - 3:30pm	<u>Renting Ask-Us-Anything Drop-In Live Chat</u>	Housing Services
January 6, 2021	3:30pm - 4:30pm	<u>Optimize Your LinkedIn</u>	Career Education and Exploration
January 6, 2021	4pm - 5pm	<u>Intro to Yoga</u>	Multi-Faith Centre / BPSU
January 6, 2021	7pm - 8:30pm	<u>Virtual Improv Classes</u>	Hart House
January 7, 2021	2pm - 3pm	<u>Virtual Tour of the Royal Ontario Museum (ROM)</u>	Centre for International Experience
January 7, 2021	2:30pm - 3:30pm	<u>Career Decision Making (Masters, PhDs & PDFs)</u>	Career Education and Exploration
January 7, 2021	3pm - 4pm	 <u>Drop-In Strategy Support for Graduate Students (Grad Students Only)</u>	Accessibility Services
January 7, 2021	4pm - 5pm	<u>Meditation Class</u>	Multi-Faith Centre / BPSU
January 7, 2021	5:30pm - 7:30pm	<u>Casa Loma Virtual Escape Room</u>	Centre for International Experience
January 7, 2021	6:30pm - 7:30pm	<u>Reading Scripture in Community</u>	Multi-Faith Centre

 Grad Students Only

Date	Time (EDT)	Event	Host
January 8, 2021	9:30am - 11am	<u>Toronto Tips for International Students</u>	Centre for International Experience
January 8, 2021	2pm - 3pm	<u>Group Strategy Session: Creating Structure & Finding Focus at Home</u>	Accessibility Services
January 10, 2021	10am - 12pm	<u>Winter Break Socials: Games Destressor</u>	First Year Programs, UTSC

Asynchronous Resources

The below programs and resources are available at any time to enjoy over the winter break!

Health and Wellness

[U of T My Student Support Program \(U of T My SSP\)](#)

[NAVI - Your Mental Health Wayfinder](#)

[Student Mental Health Web Portal](#)

[COVID-19 & Your Mental Health Video Series - Part 1 \(Anxiety & Uncertainty\)](#)

[COVID-19 & Your Mental Health Video Series - Part 2 Low Mood & Sadness](#)

[COVID-19 & Your Mental Health Video Series - Part 3 Frustration & Irritability](#)

Fitness, Performance & Athletics

[Hart House Fitness Centre](#)

[Sports And Rec](#)

[UTSC Athletics & Recreation](#)

[UTM Recreation, Athletics & Wellness](#)

[MoveU](#)

[Virtual Pass](#)

Accessibility Services

[Managing Mental Health While Engaging in Online Learning](#)

[Accessibility Services Undergraduate Student Handbook](#)

[Moving Forward Video Series](#)

Hart House

[Hart House Humanz of Hip Hop Virtual Conference Session 1: Hip Hop First - Location Identity Within Complex Intersectional \(Her\)stories](#)

[Hart House Humanz of Hip Hop Virtual Conference Session Two: Chasing Samples, Chasing Histories](#)

[Hart House Humanz of Hip Hop Virtual Conference Session 3: A work in progress ...](#)

[Hart House Humanz of Hip Hop Virtual Conference Keynote Speaker and Performance](#)

[Spark Your Well-Being: A deep dive on Mental Health and Hip Hop](#)

[Hart House / Toronto Public Libraries "What are You?"](#)

[Hart House Chorus: "The Innocence" from Considering Matthew Shepard](#)

[Hart House Theatre: U of T Spotlight Performance Prep Workshop](#)

[Hart House Talking Walls: My Sneaker Story](#)

[Hart House Stories – The West Meeting Room](#)

[Hart House Get Crafty Events](#)

[Hart House Chess Club drop-in sessions](#)

[Virtual Art Museum @ U of T](#)

[Hart House Camera Club 2020 Exhibition](#)

[Hart House 100th Anniversary Camera Club Exhibition](#)

[Hart House Film Board 100th Anniversary Screening](#)

[Hart House Music Committee and Hip Hop Education program Spotify playlists](#)

[Hart House Producer Circle Spark Your Wellbeing Spotify Playlist](#)

[Hart House Music Committee You're Welcome Spotify playlist](#)

Academic Success

[5 Questions about Online Courses](#)

[Navigating University Resources Part 1](#)

[Navigating University Resources Part 2](#)

[Managing Your Time at U of T](#)

[Schedules](#)

[5 Questions about Online Courses](#)

[Academic Success Resource Library](#)

[5 Keys to Succeed at U of T online course module](#)