



MSVUSU Weekly News

Hello Mount Students! We have a few important updates for you on what the MSVUSU has been working on lately.

Food Bank Updates

A reminder that the Mount Student Food Bank is now offering delivery! Book your curbside pickup or delivery at <https://mount-student-food-bank.appointlet.com/>. Next week, our schedule will be changing slightly to the following:

Monday: 12pm-6pm (curbside pickup)

Tuesday: 12pm-6pm (curbside pickup)

Wednesday: deliveries

We are also looking for volunteers, both to assist with Wednesday deliveries and to help with curbside pickup. To assist with Wednesday deliveries, you must provide your own vehicle, but you will be fully compensated for fuel expenses. If you are available and interested in this opportunity, please email foodbank.manager@msvu.ca.

Consent Week

Wednesday

Live Consent Q&A with our Student SVPC Liaison and Collette Robert at 4:30pm!

To register, email svpsa@msvu.ca.

Thursday

SEX TOY BINGO AT 7:00PM!

To register, email svpsa@msvu.ca.

Opportunities

Mount Mentorship

NEW! Alumni Relations, in partnership with the Alumni Association, is thrilled to launch Mount Mentorship! Designed to help 3rd & 4th year students with the transition from university life to the workplace, #MountMentorship offers unique hands-on guidance, and extends support where needed.

We are on the search for program participants! As a mentee, you will:

- Gain valuable support as you launch your career
- Learn how to network and develop important job skills
- Build a professional and valuable connection with someone in your desired career industry!

Sign-up to become a Mount Mentee at <https://enpointmentorship.com/c/mount-mentorship>.

Questions? Email mountmentorship@msvu.ca

MSVU First Generation Support

MSVU's First Generation University Student Support Group is the first of its kind here at the Mount. PhD Education and first-gen student Hailie Tattrie offers a relaxed and welcoming weekly space for students who are the first in their family to attend university -- with topics from practical university dos and don'ts, funding and work opportunities, personalized academic help, quick access to support services, group chat, and open Q & As. Vent, relax, ask, share. Tuesdays 6:30-8:30pm starting February 9th! Open to all MSVU students. Drop-ins always welcome.

Link to access support group:

<https://teams.microsoft.com/l/channel/19%3a441e02381c4d47c99b4660c8e3fc5727%40thread.tacv2/General?groupId=be829ae7-2535-467a-a873-37ecbc0eddf4&tenantId=d1195e70-bb5f-43f1-8902-4b3f6cfc49c6>

Council Meeting Info

Our next council meeting will take place on Friday, February 12th at 2:00pm over Microsoft Teams. All students are welcome to attend, and Microsoft Teams also has a live captioning feature for any student that may want or need captions. For the link, agenda, draft minutes and any other information, check out <https://mountstudents.ca/your-union/msvusu-meeting-hub/>.

Misc.

For more frequent updates, don't forget to follow our socials: [Mount Saint Vincent University Students' Union \(MSVUSU\) | Facebook](#) and @MSVUSU on Instagram!

If you have any questions, please reach out to sucomm@msvu.ca.

