



MEDIA RELEASE

RED RIVER COLLEGE PARTNERS WITH THE WINNIPEG HUMANE SOCIETY IN EFFORT TO IMPROVE STUDENT WELL-BEING

WINNIPEG, MB, November 12, 2015 – Red River College is partnering with the Winnipeg Humane Society to pilot a stress management project for students. The project, called WHS Waggin' Wednesdays, will begin in 2016. Since stress impairs student learning, ambassador dogs will be at The Roblin Centre every Wednesday from noon until 2:00 p.m. to help students manage their stress in a fun and friendly way.

“When a student is stressed, they can feel like they have a cloud of doom hanging over their head that prevents them from achieving their full potential, said Raegan Hedley, a spokesperson for the college. “We commit to making students’ mental well-being one of our top priorities.”

In the 2013/14 academic school year, about 1,700 students contacted or used Counseling and Accessibility Services at Red River College, which represents nearly 17 per cent of the college’s full-time enrollment. Research shows that spending time with dogs can help to alleviate stress.

“There’s lots of research to back up the benefits of therapy dogs in all kinds of environments, colleges being one of them,” said Kyle Jahns, Communications Coordinator for the WHS.

Red River College is very optimistic that this playful partnership with the WHS will have a positive impact on their students’ well-being.

About Red River College

Since the 1930s, Red River College has become Manitoba’s largest institute of applied learning; with nine campuses located throughout Manitoba, the College has positioned itself as a leader and a compelling first choice for post-secondary education, and a critical source of knowledge, training, research and innovation. RRC has more than 30,000 enrolments annually and more than 200 full- and part-time programs.

Through award-winning instruction and training on state-of-the-art equipment, RRC prepares its students to become leaders in their fields, while collaborating with industry to conduct research and ensure curricula remains up-to-date.

For more information, visit rrc.ca.

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