



Capstone in Mental Wellbeing (WELL 400)

Applied Problem-Solving in Mental Health and Wellbeing Using Real-World Projects

The Certificate Program in Mental Wellbeing and Resilience is currently recruiting organizations to participate in the Winter 2026 Capstone partnerships focused on proposing solutions for your wellness or resilience challenges.

Course Summary: Teams of 5-6 undergraduate students will experience hands-on what it means to work with the community in response to a community-based wellness or resilience challenge. Each team will work with their community partner to:



- identify a **Wellness Challenge**
- propose a **Wellness Solution**
- develop and present a **Wellness Solution Proposal**

What will the students do?



Wellness challenges are proposed by the community partner before the course starts in January 2024. Community partners are invited to propose more than one wellness challenge if desired. Student groups will work to develop a proposal for wellness solution to the challenge by:

- Analyzing and studying the Wellness Challenge
- Suggesting a Wellness Solution that leverages organization and community resources
- Proposing an intervention for the organization to address the Wellness Challenge
- Sharing their Wellness Solution Proposal with your organization
- An example: A Wellness Challenge might be the stressful effects of the pandemic on vulnerable groups or burnout amongst staff working with vulnerable groups. A Wellness Solution Proposal might be identifying potential resources and to introduce them to the population in need and how to measure and assess the Wellness Outcome (e.g., stress, burnout)

What will my organization receive?



Partners collaborating with this course will receive:

- 20 hours of undergraduate student work focused on tackling your unique wellness challenge
- The opportunity to mentor and collaborate with a group of students on your wellness challenge
- A proposal document and final presentation with recommendations and suggestions for a wellness solution that you may implement to address your wellness challenge

This course upholds the UCalgary commitment to Community-Engaged Learning and is designed with community in mind.

[Click here if you are interested in partnering with WELL 400!](#)

Please respond by November 1st to be considered for this opportunity.