

SSD NEWSLETTER

OCTOBER AT THE SSD

I know this term is feeling intense, and many of us might be experiencing heightened stress. It's okay if things feel overwhelming or if it seems like there's no clear solution right now. Sometimes, our challenges can feel bigger than we are, and that's completely valid. We just want to remind you that you don't have to face everything alone. It's okay to seek support, whether that's through friends, SSD resources, or professional help. We're a caring community here, and brainstorming together or simply sharing can make things a little lighter.

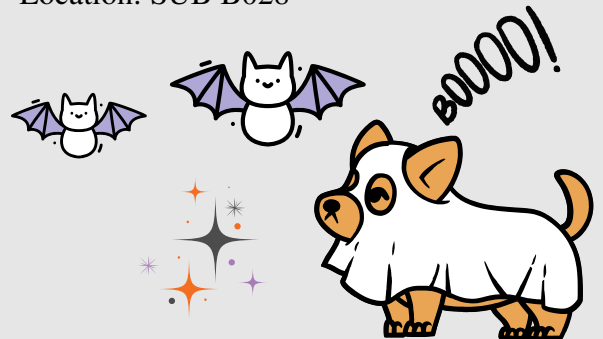
Things can wait, but your self-care can't. Sending you all care and support.



Upcoming Events!

- Crafting & Co-Working - October 1, 8, 15, 22, 29**
 Bring your creative projects and enjoy the supportive presence of others while you work. Whether you're crafting, studying, or working on a personal task, this session is a great way to stay focused and connected with fellow students in a calm, welcoming environment. All materials will be provided, or feel free to bring your own! ✂️⭐
17 **Date:** Every Tuesday afternoon
🕒 **Time:** 1:00 to 4:00 pm
📍 **Location:** SUB Room B111 & Zoom


- Seedy Thursday & Thurs-Tea with CCG**
 - October 10th & 24th**
 🌱 Seed Savers & Tea Lovers Unite! 🌱
 Join us and the Campus Community Garden (CCG) for a fun and interactive seed-saving workshop and for a tea making workshop! These are Drop-In events. Learn how to collect and preserve seeds for future planting and to create tea blends helping to grow a sustainable campus community. Let's sow the seeds for tomorrow—together! 🌻🌿
17 **Date:** Thursday, October 10th and October 24th
🕒 **Time:** 1:00 PM – 3:00 PM
📍 **Location:** SUB B028



Every Body Wiggle Dance - AIR Program

Join us on Saturday's to be guided through an accessible dance session! No experience required. Sessions will run from 5:45 pm to 6:45 pm, with a cooldown period until 7:00pm as needed. Please come prepared with your ONECard. Gender-neutral change rooms/washrooms are available!

 **Date:** Saturday October 5, 19 & 25th

 **Time:** 5:45- 6:45 pm

 **Location:** CARSA - Gwynne Studio 2nd Floor


 **Registration:** Click [here](#)



Time to Climb Indoor Climbing - AIR Program

Join us for a drop-in indoor climb session on Monday nights! Please come prepared with your ONECard, a tote or drawstring bag (no backpacks are permitted in the facility), water and snacks, and clothes that allow you to move! Gender-neutral change rooms/washrooms are available! ✨

 **Date:** Mondays October 7, 21 and 28th

 **Time:** 7:00 to 9:00 pm


 **Location:** CARSA - Climbing Centre

 **Registration:** Click [here](#)

- **SSD Community Dinner**

Join the SSD for our FREE monthly Fall Community Dinner Program! Students will have the opportunity to cook and/or eat together once a month in the Student Wellness Centre Collaborative Kitchen. Please register at the link in our linktree to ensure that we have the correct amount of food!

 **Date:** Wednesday, October 9th

 **Time:** 4 pm to 7:30 pm


Prep & cook at 4-6pm, dinner's at 6-7pm, cleanup 7-7:30pm

 **Location:** Student Wellness Centre Collab Kitchen

Registration link: [Click here](#) or in our linktree

Transferable Skills Workshop

Join the SSD and the Accessibility and Inclusion Co-op Coordinator for a workshop on transferable skills in the workplace. This workshop will cover how to identify your skills, including skills based on lived experience, how to communicate those skills in a resume and cover letter, and more!

 **Date:** Wednesday, October 23th

 **Time:** 2:30 PM – 4:00 PM

 **Location:** Zoom

 **Registration:** Click [here](#) or in our linktree

Volunteering Opportunities

- **Harm Reduction Centre:** Help students access harm reduction supplies and resources at the Student Wellness Centre. Training provided!
 - Email: swvolunteer@uvic.ca
- **SSD Volunteers for UVSS AGM Watch Party - Thursday Oct 17th 1:30pm-5pm**
 - Email: uvicecssd@uvic.ca

Pet of the month

Kally the unicorn is our star this month!!



Instagram

@uvicecssd

*Linktree

https://linktr.ee/uvicecssd?utm_source=linktree_profile_share<sid=83c3b3ae-ca36-4add-ac3f-5424fb0689a7

How to unsubscribe?

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