

SSD NEWSLETTER



NOVEMBER AT THE SSD

Hello, lovely souls!

This is the beginning of a new month. This time, we have some additional challenges, such as the rain, the darkness and, for sure, the final phase of this academic year. At SSD, we want to share that we are so proud of all your efforts and the different ways you have resisted these times. A small reminder that our space, community and staff members are here to support you in providing a cozy place to work, study and rest (because it is also **sexy**). Enjoy your reading break, and make space to take care of your body and mind. Sending you so much love and care.



Upcoming Events

Special General Meeting - Tuesday Nov. 5

Join the SSD as we fill our [vacant Council positions](#) at our by-election, review the Annual Report, and generally get to know what the SSD is up to!

Time: 1 pm to 3 pm

Location: Zoom ([link in bio](#))



International Student Roundtable - Nov 7 & 14

Join the SSD & SOCC while we discuss disability, inclusivity, and nuance with other international students in an intentional environment with food! Door prizes will be offered. Register [here](#).

Online: Thursday, Nov 7.

- **Time:** 3 - 4 pm
- **Location:** Zoom

In Person: Thursday, Nov 14. with Dinner!

- **Time:** 6 - 8 pm
- **Location:** Vertigo

Community Dinner - Lasagna - Nov. 4

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. Register [here](#).

Time: 3:30 pm to 7:30 pm (dinner 6 pm to 7 pm)

Location: Student Wellness Centre Kitchen & Zoom



Body Inclusive Yoga - Nov. 18 & 24

In collaboration with the AIR Program, we're excited to bring you a welcoming and inclusive yoga session designed for all bodies and experience levels. Register through AIR's link.

Monday, Nov 18:

Time: 7:30 pm - 8:30 pm

Location: Vertigo & Zoom -SUB Building

Sunday, Nov 24:

Time: 5:30-6:30pm

Location: CARSA - Gwynne Studio & Zoom



Mental Health Peer Support Group - Nov. 4 & 18

Join the SSD for a chance to share support and resources while connecting with other students living with a mental health-related disability. Register [here](#).

Time: 5:30 pm to 6:30 pm

Location: SSD (SUB B111) and Zoom

Autism Peer Support Group - Nov. 6 & 20

Join the SSD for a chance to share support and resources while connecting with other autistic students. Register [here](#).

Time: 5:30 pm to 6:30 pm

Location: SSD (SUB B111) and Zoom

Chronic Pain Peer Support Group - Nov. 6 & 27

Join the SSD for a chance to share support and resources while connecting with other students living with a mental health-related disability. Register [here](#).

Time: 6:30 pm to 7:30 pm

Location: SSD (SUB B111) and Zoom

**Indigenous Disability Discussion and Dinner - Nov. 21**

Join the SSD & NSU while we discuss Indigenous disability & the disabling effects of colonization. Boxed meals will be provided; open to all Indigenous students.

Time: 5:30 pm to 7:30 pm

Location: First People's House



***Linktree**

<https://linktr.ee/uvicssd>

How to unsubscribe?

To unsubscribe from the monthly SSD Newsletter please email uvicssd@uvic.ca.

Recipe**Creamy Pumpkin Pasta****Ingredients:**

1 pound (454 g) pasta
1 tablespoon olive oil
3-4 garlic cloves minced
15 ounces can pumpkin puree
½ cup half and half
Salt to taste
Black pepper to taste
⅛ teaspoon ground nutmeg
Grated parmesan cheese for serving (optional)

Instructions:

Cook pasta in a large pot of heavily salted water until al dente. Reserve 1 ½ cups pasta water and drain. Heat olive oil in a large skillet over medium heat. Add garlic and cook until aromatic, 1 minute. Add pumpkin puree, 1 cup of reserved pasta water, whisking to combine until sauce is combined and glossy. Add half and half and stir to combine. Add remaining pasta water if needed. Season with salt, pepper, and nutmeg.

[Recipe link from Feel Good Foodie](#)

**Volunteer Opportunity**

The SSD's Access4All campaign is looking for volunteers! This campaign advocates for equitable access to higher education, primarily through increasing hybrid course access. Email uvicssd@uvic.ca to get involved!

Employee of the Month

- This is **Tito**, the most handsome and cutest guy in Diana's life. Tito is the best long-distance love that anyone can have, and today we want to acknowledge his unconditional love actions even through a screen.

