

SSD NEWSLETTER



JANUARY AT THE SSD

Hello fabulous friends and SSD fam!
Happy New Year and welcome back to the fun zone!
We're buzzing with excitement to have you join us for more awesome activities, hangouts, and good times together.

This year is shaping up to be a real thrill ride for us, and we're rolling up our sleeves to dish out fresh ideas, exciting content, and a whole lot of community vibes!

Remember, we're your go-to crew for anything you need—whether it's support, a friendly chat, or just a cozy corner for a snack or a power nap. Catch you later!


Much love,
The SSD Team

Upcoming Events

New Student Welcome

We will be tabling at this event organized by the Office of Student Life. So, join new students, staff and faculty as we celebrate a new academic year and welcome new students to UVic.


 Date: Wednesday, January 8


 Time: 12:30-4:30pm


 Location: SUB Upper Lounge



Clubs & Course Union Days


Bring your creative projects and enjoy the supportive presence of others while you work. All materials will be provided, or feel free to bring your own! 

 Date: Wednesday, 15 and Thursday 16


 Time: 10:00 to 3:30 pm

 Location: SUB Michele Pujol Room

Seedy Thursday

Join us and the Campus Community Garden (CCG) for a fun and interactive seed-saving workshop! These are Drop-In events. Learn how to collect and preserve seeds for future planting helping to grow a sustainable campus community. Let's sow the seeds for tomorrow—together! 

 Date: Thursday, January 9


 Time: 1:00 - 3:00 pm


 Location: SUB B028



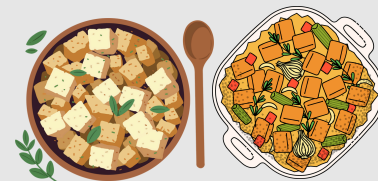
Cooking Class & Community Dinner

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.

 Date: Tuesday, January 21


 Time: 4:00 -7:00 pm, dinner at 6:30 pm


 Location: Student Wellness Centre Kitchen & Zoom




Thurs-Tea Thursday

Join us for an engaging and interactive tea-making workshop hosted by the Campus Community Garden (CCG)! These are drop-in events where you can learn how to create your own tea blends while contributing to a sustainable campus community.

 Date: Thursday, January 23


 Time: 1:00 - 3:00 PM

 Location: SUB B028

**Learning Strategies Workshop**

Join Marissa Donaldson, SSD Education Coordinator, and Hannah Brown, SSD Co-Chair and LAP Learning Strategist, for a workshop on study skills and learning strategies! This workshop will cover how to adapt study skills, various learning strategies, and an introduction to UVic's strategy Library. Register [here](#).

 Date: Tuesday, January 28

 Time: 2:30 - 3:30 pm

 Location: SUB B028 or Zoom

**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!

*Linktree


<https://linktr.ee/uvicssd>


How to unsubscribe?


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AIR Body Inclusive Yoga

Join the SSD and AIR for one or both of our Body Inclusive Yoga sessions this month. This yoga is intentionally for folks of ALL body sizes, shapes, abilities, and mobilities, and is a fat-friendly space. Our instructor, Per, will have modifications for folks with limited mobility and/or those using mobility aids.

 Date: Sunday, January 19 & 26


 Time: 5:30 - 6:30 PM


 Location: Gwynne Studio at CARSA

Mocktail Mixology Social

Join the SSD for a fun and interactive Mocktail Mixology Social on January 30! Learn how to create delicious non-alcoholic drinks, meet new friends, and enjoy a relaxing evening filled with creativity and connection. Don't miss out on this refreshing event!

 Date: Thursday, January 30

 Time: 6:00 - 9:00 pm

 Location: SUB Vertigo

Recipe Time!**Berry Mint Fizz Mocktail**

Ingredients:

- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon fresh mint leaves
- 1 tablespoon honey or simple syrup
- 1/2 cup sparkling water
- Ice cubes



Instructions:

1. Muddle berries and mint leaves in a glass.
2. Add honey or simple syrup and stir.
3. Fill the glass with ice cubes.
4. Top with sparkling water and gently stir.
5. Garnish with extra mint leaves and a berry. Enjoy!