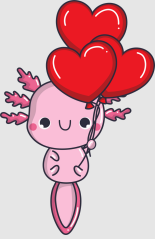


SSD NEWSLETTER



FEBRUARY AT THE SSD


Hello wonderful friends and SSD family!
Wow, January felt like it lasted forever, and we are thrilled that a new month has arrived! We hope February brings you some relaxation and rejuvenation. Please remember to take care of yourselves, stay mindful of the changing weather, and take precautions to protect against the respiratory illness season. This month, we are focusing on building a strong community and fostering inclusivity. Whether you're interested in learning something new, meeting fellow students, or simply having fun, there's something for everyone.


Warmest regards,
The SSD Team

Upcoming Events

Mocktail Mixology Social

Join the SSD for a deliciously fun Mocktail Mixology Social on Tuesday! Learn how to create delicious non-alcoholic drinks, meet new friends, and enjoy a relaxing evening filled with creativity. Don't miss out on this refreshing event! [Register here.](#)

 Date: Tuesday, February 4

 Time: 6:00 - 9:00 pm


 Location: SUB Vertigo



Global Village Pavilion

The SSD is excited to participate in the Global Pavilion, hosted by SOCC! This interactive tabling fair invites you to explore different countries, learn about their traditions, and experience snippets of their unique cultures—all in one room!

 Date: Thursday, February 6

 Time: 10:00am - 3pm


 Location: Michel Pujol Room



Workshop with BFRB Friends

Join us for an engaging workshop with Joyce from BFRB Friends, where we'll dive into the challenges of trichotillomania (hair-pulling disorder) and explore effective strategies for accepting and managing it. This workshop offers a supportive space to share experiences, learn techniques, and connect with resources. [Register here!](#)

 Date: Thursday, February 13

 Time: 3:00 - 4:30pm

 Location: SUB B025 or Zoom




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, February 13




 Time: 1:00 - 3:00pm

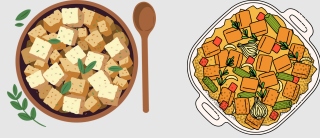
 Location: SUB B028



Cooking Class & Community Dinner




Join the SSD for our FREE monthly Community Dinner! Students will have the opportunity to cook and/or eat together once a month. Registration required; [register here!](#) This month's menu: Thai Green Curry!

 Date: Wednesday, February 26
 Time: 4:00 -7:00pm, dinner at 6:30pm
 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, February 27
 Time: 1:00 - 3:00pm
 Location: SUB B028






SSD Annual General Meeting & Pre-Game

Join the SSD for our Annual General Meeting on Friday February 28th. We'll have a prize draw as well as elections for our 2025-2026 Council, and reports from Staff & 2024-2025 Executive Council.

Come early for our Hybrid Games! (3-5pm)

Zoom links in our Instagram bio's Linktree.

 Dates: Friday, February 28
 Time: 5:00 - 7:00pm
 Location: Zoom - SUB B025




***Linktree**




<https://linktr.ee/uvicssd>

How to unsubscribe?

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





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.  [Register here!](#)

 Dates: Sundays, February 9 & 23
 Time: 5:30-6:30pm
 Location: Gwynne Studio, CARSA & Zoom

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! ✨

 Dates: Mondays, February 10 & 24
 Time: 7:00-9:00pm
 Location: CARSA Climbing Wall
 Registration: [Register here](#)



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!