

SSD NEWSLETTER



Hello wonderful friends and SSD family!

You've made it this far, and that's something to be proud of! April can feel like the final stretch of a long race—exams, deadlines, and big projects all piling up. But remember: pacing yourself is just as important as pushing forward.

Take breaks, fuel your mind and body, and remind yourself that progress (no matter how small) is still progress. You are capable, you are resilient, and you are not alone in this. SSD is here to cheer you on, support you, and remind you to breathe.

One step at a time—you've got this! ❤️




The SSD Team



Upcoming Events

Puppy Playtime




Join the SSD, UVSS, and some puppies to kick off Autism Week! We'll have a sensory-friendly space in the room.

-  **Date:** Tuesday, April 1
-  **Time:** 11:30 am-1:30 pm
-  **Location:** SUB Upper Lounge



Autism Week Open Mic and Art Night





Join the SSD in a celebration of creativity and self-expression within the autistic community. Join us for an evening of music, poetry, storytelling, and visual art in a welcoming and supportive space! Snacks provided!

-  **Date:** Tuesday, April 1
-  **Time:** 6: 30 pm - 8:30 pm
-  **Location:** Vertigo



Disability Tax Credit Workshop with VDRC





Join the Victoria Disability Resource Centre (VDRC) for an informative session on the Disability Tax Credit (DTC). Learn about eligibility, the application process, and how the DTC can provide financial support. Bring your questions and get expert guidance in a supportive space! ✨

-  **Dates:** Wednesday, April 2
-  **Time:** 11:00 am - 12:00 m
-  **Location:** Zoom
-  **Registration:** [Link](#)



Neurodivergent Job Seeking Workshop





This workshop offers practical tips on resume building, interview strategies, workplace accommodations, and self-advocacy. Join us for support and guidance in your job-seeking journey!

-  **Date:** Wednesday, April 2
-  **Time:** 3:00-4:00 pm
-  **Location:** Career Centre Boardroom and Zoom
-  **Registration:** [Link](#)



Autism Community Panel





This panel highlights the diversity of the autistic experiences in academic settings and creates space for meaningful conversations. Everyone is welcome and snacks are provided!

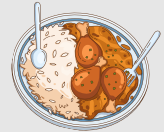
-  **Dates :** Thursday, April 3
-  **Time:** 6:30 - 8:30 pm
-  **Location:** Zoom and Vertigo
-  **Registration:** [Link](#)



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. This session’s menu: Honey Garlic Chicken/Tofu with Ric

-  **Date:** Tuesday, April 8
-  **Time:** 4-7 pm, dinner at 6:30pm
-  **Location:** Student Wellness Centre Kitchen & Zoom
-  **Registration:** [Link](#)



Seedy Thursday




Join the SSD 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!

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-  **Date:** Thursday, April 10
-  **Time:** 1-3 pm
-  **Location:** SUB B028



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, April 24
-  **Time:** 1-3 pm
-  **Location:** SUB B028



Autism Self-Care and Advocacy Workshop

Feeling tired or burnt out? Not getting the support you need? Wondering about self-care strategies? Join us April 4th for our Autistic Self-Care and Advocacy workshop! Join in-person in the SUB or online via Zoom. We hope to see you there!

-  **Date:** Friday, April 4
-  **Time:** 3-5 pm
-  **Location:** SUB B025 and Zoom
-  **Registration:** [Link](#)



***Linktree**

<https://linktr.ee/uvicssd>

How to unsubscribe?

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

Volunteer Opportunity

The SSD is looking for volunteers for our first **Autism Week**, which will take place on April 1st to 4th. If you’re interested in helping with organizing the events this month or volunteering at the events next month, then please email edusd@uvic.ca.