

SSD NEWSLETTER



MARCH AT THE SSD

Hello wonderful friends and SSD family!

As the days grow longer and spring approaches, we know this time of year can be overwhelming with midterms, deadlines, and everything in between. Remember to take breaks, rest when you need to, and be kind to yourself. You're not alone; our community is here to support you. Wishing you a gentle and restorative month ahead!

Warmest regards,

The SSD Team



Upcoming Events

Body Mapping Workshop at FEM-EXPO

Join the SSD at GEM's FEM-EXPO for our first workshop on body mapping. Body mapping is an act of body reclamation and resistance, to express visible and invisible lived experiences in ways that feel comfortable and freeing to you. Body mapping entails tracing your body onto a large piece of paper and artistically reflecting your experiences with materials provided such as coloured paper, pens, collage, glitter, and more. You will be able to take your project home after the event. This activity can easily be made accessible to those in wheelchairs or who use mobility aids; please reach out via email to uvicssd@uvic.ca if you have any questions about accessibility.

 **Date:** Tuesday, March 4

 **Time:** 3-5 pm

 **Location:** SUB Upper Lounge



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! You can read more about the AIR Program [here](#). ✨

 **Dates:** Mondays, March 3, 10, 17, & 24

 **Time:** 7-9 pm


 **Location:** CARSA Climbing Wall


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




Mental Health Peer Support Group

Join the SSD for a chance to share support and resources while connecting with other students living with a mental health-related disability.

 **Date:** Mondays, March 10 & 24

 **Time:** 6:30-7:30 pm


 **Location:** Zoom and SSD (SUB B111)

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



Chronic Pain Peer Support Group

Join the SSD for a chance to share support and resources while connecting with other students living with a chronic pain-related disability.

 **Dates and Times:** Tuesday, March 11 at 6 pm and Thursday, March 27 at 5 pm

 **Location:** Zoom

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



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!



 **Date:** Thursday, March 13


 **Time:** 1-3 pm

 **Location:** SUB B028




Autism Peer Support Group

Join the SSD for a chance to share support and resources while connecting with other autistic students.

 **Date:** Fridays, March 14 & 28

 **Time:** 4-5 pm


 **Location:** Zoom and SSD (SUB B111)

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

Disability Conversation Cafe

Join the SSD for an opportunity to connect with other students about all things related to being disabled at UVic.

 **Date:** Friday, March 14

 **Time:** 5:30-7:30 pm

 **Location:** SUB Upper Lounge

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



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How to unsubscribe?


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

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 month's menu: roasted asparagus with pan-seared lemon dill chicken/tofu (can be made vegan).

 **Date:** Tuesday, March 18

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

 **Location:** Student Wellness Centre Kitchen & Zoom

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



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, March 27

 **Time:** 1-3 pm


 **Location:** SUB B028



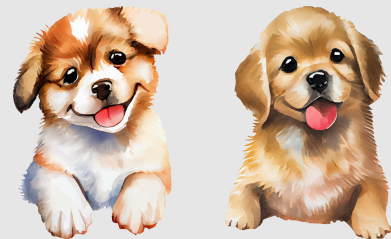
Puppy Playtime

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



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.