

SSD NEWSLETTER

Welcome to March at the SSD!

Can you believe it's already March? We're so excited to invite you to join us for all the amazing events happening this month!

We have a wide range of workshops, events, and programs planned, there's something for everyone. We're also thrilled to share that our Peer Support Groups are back! In addition, we're launching a new pilot Peer Support Group designed to bring together disabled students in a welcoming and supportive space.

Not sure which group is right for you? Why not try out the Disabled Students Peer Support Group and see if it's a good fit? We can't wait to see you this month and hope you have a wonderful March! 🌸

Event Highlight!!!



For more info
about the
available
FEMEXPO events
scan here:



FEMEXPO

Hosted by: Gender Empowerment
Centre

Dates: March 9th – 13th

Location: Student Union Building

Events include workshops, a market,
and art gallery. It is a love letter to
all things beautiful about
intersectional feminism.

Peer Support Groups

Autism

- 4:30pm–5:30pm
- March 11th & 25th
- SSD Lounge B111 & Zoom
(link in our linktree)

ADHD

- 5:30pm–6:30pm
- March 2nd, 16th, & 30th
- SSD Lounge B111

Chronic Pain & Chronic Illness

- 4:30pm–5:30pm
- March 12th & 26th
- Zoom (link in our linktree)

Disabled Student

- 5:00pm–6:00pm
- March 10th & 24th
- SSD Lounge B111 & Zoom (link in
our linktree)

Our **peer support groups** are a casual drop-in opportunity for students to get together and chat about their experiences as a disabled student. All you need to do is show up (online or in-person) and sign a community agreement. We hope you will join us at one of our peer support groups this month!

Re-occurring Events

Body Inclusive Yoga

- 4:30pm-5:30pm
- March 1st, 8th, & 15th
- CARSA Gwyneth Studio
- FREE!
- Register [here](#), or (link in our linktree)

Craft Drop-in

- 4:00pm-5:30pm
- March 2nd, 23rd, & 30th
- SSD Lounge B111

Group Study

- 4:00pm-6:00pm
- March 6th, 13th, 20th
- SSD Lounge B111

One Off Events

Sex & Disability (Screening & Panel) - FEMEXPO

- 5:00pm-6:30pm
- March 9th
- Vertigo Lounge (Student Union Building) and online

In this event, we will be watching a short documentary on Sex and Disability, *Picture This* (2017), followed by a panel discussion with local sex, consent, and disability educators.

Provided courtesy of the National Film Board of Canada.

Zine Making

- 3:30pm-5:30pm
- March 16th
- B028 Student Union Building

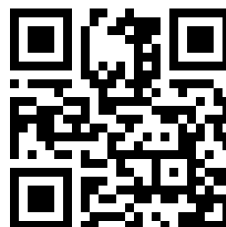
In this event we will be learning about the history of zine's then making our own! We will have food available as it is around dinner time and please feel free to bring any snacks you'd like to share.

Intro to Gardening

- 2:00pm-4:00pm
- March 25th
- Campus Community Garden (2100 Mackenzie Ave)

Join the SSD and CCG to learn the basic's of gardening using their new tabletop garden bed! We will be learning about soil composition and what to plant basics, we hop you can join us!

Linktree:



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