

SSD NEWSLETTER

April at the SSD!

Happy April, SSD Community!

We have an exciting month ahead! Our peer support groups, drop-in crafts, and regular drop-in sessions are continuing, offering community spaces throughout April. We're also hosting our final workshop of the semester in collaboration with Co-op and Career: a strengths-based Career Building session. In addition, we're looking forward to some fun community events, including a potluck and a rock painting session.

As the term comes to a close, we know this can be a challenging time. Please remember that you're not alone, if you need support, don't hesitate to reach out to us at uvicssd@uvic.ca.

Peer Support Groups

Autism

- 4:30pm-5:30pm
- April 8th
- SSD Lounge B111 & Zoom (link in our linktree)

Chronic Pain & Chronic Illness

- 4:30pm-5:30pm
- April 9th
- Zoom (link in our linktree)

ADHD

- 5:30pm-6:30pm
- April 13th
- SSD Lounge B111

Disabled Student

- 5:00pm-6:00pm
- April 7th
- SSD Lounge B111 & Zoom (link in our linktree)



Re-occurring Events

Craft Drop-in

- 4:00pm–5:30pm
- April 6th, 13th, & 20th
- SSD Lounge B111

Group Study

- 4:00pm–6:00pm
- April 3rd, 6th, 10th, & 17th
- SSD Lounge B111

One Off Events

Rock Painting

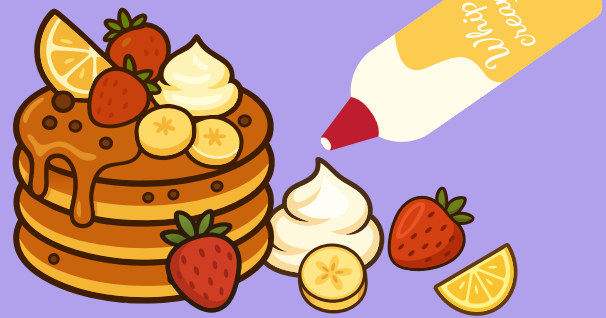
- 2:00pm–4:00pm
- April 8th
- Campus Community Garden (2100 Mackenzie Ave)

This is a casual drop-in rock painting session. You can BYOR (bring your own rock) or use one of ours. We will have all the painting supplies needed. Join us for a nice afternoon in the garden. Directions to the garden can be found in linktree.

Breakfast for Dinner

- 5:30pm–7:30pm
- April 2nd
- SSD Lounge SUB B111

Join us for another potluck! We will be enjoying breakfast for dinner having hash, pancakes, eggs, bacon & more. Register using the linktree QR code.



Strengths-Based Career Building Workshop with Co-op & Career

- 1:00pm–2:00pm
- April 7th
- Career Services Building

Join the SSD & the Accessibility and Inclusion Co-op and Career Coordinator for a supportive workshop that helps you identify your strengths and communicate them confidently in your job search.

In this workshop you will learn:

- How to recognize your strengths and transferable skills
- Tips for effective resumes and interviews
- Approaches to informational interviews and networking that feel authentic and manageable

Registration in linktree below.

Linktree:



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