

SSD NEWSLETTER



🍁 Hello SSD Friends, Welcome to the Fall Term! We're so excited to see new and returning students back on campus!

This year, we're planning lots of events, workshops, continuing our peer support groups, and ensuring we continue to support disabled students. If you have any ideas for events or educational seminars please reach out!
uvicssd@uvic.ca

Here's to a fall full of connection, care, and fun at the SSD!

– The SSD Team 🌈



Events

Meet and Greet with the SSD team.

Fall is buzzing with campus life, and we can't wait to be part of it! This term, you'll spot the Society for Students with a Disability out and about, chatting with students, handing out resources, and sharing what we're all about. We'll be talking about the things that matter to our community: advocacy work, accessibility on campus, our social and educational programming, and ways to get involved. Whether you've been connected with SSD for years or you're just curious about what we do, we'd love to see you.

Catch us at:

- **Campus Kick-off** - Wednesday & Thursday, September 3rd and 4th | 10:00 AM – 4:00 PM
- **Thunderfest** – Thursday, September 5th | 11:30 AM – 3:30 PM
- **Clubs & Course Unions Days** – Tuesday, September 10th & Wednesday, September 11th | 10:00 AM – 3:00 PM

3RD Annual Mental Health Resource Fair

Take a break from your busy day and drop by the Society for Students with a Disability's Mental Health Resource Fair, your one-stop spot to explore supports, services, and programs that can make campus life a little easier. Whether you're looking for affordable counselling options, peer support groups, or wellness services and activities, you'll find friendly faces ready to share helpful tools and resources. Don't miss this incredible space!



Date: Friday, September 12th



Time: 10:00 AM – 2:00 PM



Location: Michèle Pujol Room, Student Union Building



Drop-In Event – No Registration Needed!

Beacon Hill Petting Zoo and Ice cream**Party**

We are going to the Beacon Hill Petting Zoo! Spend an enjoyable afternoon surrounded by adorable goats (yes, even the little ones!), friendly animals, and cheerful company. After our time with the goats, we will celebrate with an ice cream party! This is a wonderful opportunity to unwind, connect with the SSD community.

You can bus with us at 3:00 pm. Meet us at the SSD Lounge Room - Students Union Building - B111
Spots are limited, RSVP soon!



Dates : September 18th



Time: 3:00 - 5:30 pm



Location: Beacon Hill Petting Zoo



Registration: [Link](#)

**Navigating CAL & Campus Resources**

It's not easy being a neurodivergent and/or disabled student, especially without proper supports and accommodations in place. Come learn about the supports and resources that campus has to offer at this workshop, so you can feel supported before midterm season! At this workshop, we will go over campus resources that provide students with support across different areas of need (e.g., academic, career, mental health, etc.). We will also be including a segment on accessing and navigating CAL accommodations, where you can ask a CAL advisor any questions you may have about the process!



Date: September 25th



Time: 5:00 - 6:30 pm



Location: in the SUB (room TBD) and Zoom



Registration: [Link](#)



My name is Kai (any pronouns) and I am SSD's new Education and Administration Coordinator! I just finished my Bachelor's degree in Psychology with a minor in Art Education here at UVic. During my time as a UVic student, I became very interested in topics pertaining to accessibility and equitability in academic settings, where resource sharing and peer support have become a special interest of mine. Currently, I also work as a TA and Research Assistant for the Psychology Department so you may see me around the Cornett building on occasion! Outside of my work and academia, I enjoy playing Pokemon (Skitty is my favourite), making art, and going to the gym, and reading tarot.

If you ever need support with navigating campus supports and accommodations (or anything else), please do not hesitate to drop by to come say hi at the SSD office! My office hours are every Monday-Thursday, 10am-3pm!



SSD x AIR - Body Inclusive Yoga

Join the SSD and AIR for a welcoming and supportive yoga class designed with accessibility and inclusivity in mind. Whether you are new to yoga or have an established practice, these classes will offer variations for all levels, ensuring that everyone feels comfortable and supported. Together, we will focus on grounding asanas (poses), mindful breathing, and intention setting that promotes our well-being. Come join us to connect, move, and restore our collective energy in a safe and inclusive setting. Come as you are, no prior experience necessary!

 **Date:** Bi-weekly Sunday starting September 21st

 **Time:** 5:30 - 6:30 pm

 **Location:** Gwynne Studio, CARSA

 **Registration:** TBD, for updates [click here](#)



***Linktree**

<https://linktr.ee/uvicssd>

How to unsubscribe?

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

Call for Volunteers!

Are you eager to be part of a student organization that helps you and your peers with disabilities within the Uvic community? Would you like to:

- Facilitate peer support groups
- Organize engaging events
- Attend inspiring workshops
- Support your friends in the community?

If this resonates with you, we invite you to explore our available positions and register by scanning the QR code or using the link provided here! We look forward to welcoming you soon!

For any questions or if you would like more information, please feel free to email us at uvicssd@uvic.ca.

SCAN ME

